



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Letzel, Beate

Club: VfL Gladbeck Fun Runner

Number: 78

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:28:57

Speed: 9.16 km/h

Running performance: 6:33 min/km

Rank in course/Total: 104 (of 128)

Rank in course/Women: 12 (of 19)

Best time in course: 1:59:50

Rank in category: 3(of 3)

Best time in the category: 2:07:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.25	19:27	5:59	3	1:48	10	2:45	3.25	19:27	5:59	3	1:48	8		
Lap 2	3.25	19:32	6:00	2	2:02	9	2:40	6.50	38:59	5:59	3	3:50	8		
Lap 3	3.25	20:33	6:19	3	2:48	10	3:47	9.75	59:32	6:06	3	6:38	8		
Lap 4	3.25	21:31	6:37	3	3:20	13	4:22	13.00	1:21:03	6:14	3	9:58	8		
Lap 5	3.25	21:56	6:44	3	3:16	12	4:33	16.25	1:42:59	6:20	3	13:14	8		
Lap 6	3.25	22:37	6:57	3	3:38	13	5:19	19.50	2:05:36	6:26	3	16:52	8		
Last lap Finish	3.25	23:21	7:11	3	4:33	11	6:38	22.75	2:28:57	6:32	3	21:25	12	29:07	