



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Härtel, Sonja

Club: Laufftreff Butzbach

Number: 448

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:35:19

Speed: 8.50 km/h

Running performance: 6:50 min/km

Rank in course/Total: 106 (of 128)

Rank in course/Women: 13 (of 19)

Best time in course: 1:59:50

Rank in category: 3(of 4)

Best time in the category: 2:00:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	3.25	22:53	7:02	3	5:59	14	6:11	3.25	22:53	7:02	3	5:59	7	2:54
Lap 2	3.25	22:27	6:54	3	5:35	14	5:35	6.50	45:20	6:58	3	11:31	7	4:13
Lap 3	3.25	21:37	6:39	3	4:51	13	4:51	9.75	1:06:57	6:52	3	16:22	7	4:48
Lap 4	3.25	21:29	6:36	3	4:20	12	4:20	13.00	1:28:26	6:48	3	20:42	7	5:14
Lap 5	3.25	21:45	6:41	3	4:22	11	4:22	16.25	1:50:11	6:46	3	25:04	7	6:04
Lap 6	3.25	21:28	6:36	3	4:09	9	4:10	19.50	2:11:39	6:45	3	29:00	7	5:41
Last lap Finish	3.25	23:40	7:16	3	5:58	12	6:57	22.75	2:35:19	6:49	3	34:58	13	35:29