



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Hoffmann, Sonja

Club: FC Deutsche Post

Number: 21

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 2:49:34

Speed: 7.78 km/h

Running performance: 7:27 min/km

Rank in course/Total: 112 (of 128)

Rank in course/Women: 15 (of 19)

Best time in course: 1:59:50

Rank in category: 1(of 1)

Best time in the category: 2:49:34

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	22:58	7:03	1	-	15	6:16	3.25	22:58	7:03	1	-	5	2:59
Lap 2	3.25	22:50	7:01	1	-	15	5:58	6.50	45:48	7:02	1	-	5	4:41
Lap 3	3.25	24:08	7:25	1	-	15	7:22	9.75	1:09:56	7:10	1	-	5	7:47
Lap 4	3.25	25:02	7:42	1	-	15	7:53	13.00	1:34:58	7:18	1	-	5	11:46
Lap 5	3.25	25:09	7:44	1	-	14	7:46	16.25	2:00:07	7:23	1	-	5	16:00
Lap 6	3.25	25:00	7:41	1	-	15	7:42	19.50	2:25:07	7:26	1	-	5	19:09
Last lap Finish	3.25	24:27	7:31	1	-	13	7:44	22.75	2:49:34	7:27	1	-	15	49:44