



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Viemann, Sandra

Club: steinhagen

Number: 121

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 3:11:00

Speed: 7.15 km/h

Running performance: 8:24 min/km

Rank in course/Total: 116 (of 128)

Rank in course/Women: 16 (of 19)

Best time in course: 1:59:50

Rank in category: 4(of 5)

Best time in the category: 2:05:55

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	23:45	7:18	4	6:23	16	7:03	3.25	23:45	7:18	4	6:23	4	3:46
Lap 2	3.25	24:22	7:29	4	6:50	16	7:30	6.50	48:07	7:24	4	13:13	4	7:00
Lap 3	3.25	28:43	8:50	4	11:00	18	11:57	9.75	1:16:50	7:52	4	24:13	4	14:41
Lap 4	3.25	27:39	8:30	4	9:29	17	10:30	13.00	1:44:29	8:02	4	33:42	4	21:17
Lap 5	3.25	27:21	8:24	4	9:03	16	9:58	16.25	2:11:50	8:06	4	42:45	4	27:43
Lap 6	3.25	30:27	9:22	4	12:00	17	13:09	19.50	2:42:17	8:19	4	54:45	4	36:19
Last lap Finish	3.25	28:43	8:50	4	10:20	16	12:00	22.75	3:11:00	8:23	4	1:05:05	16	1:11:10