



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Linden, Bärbel

Club: LT Düsseldorf/CaBaNauTeN

Number: 35

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 3:33:44

Speed: 6.18 km/h

Running performance: 9:23 min/km

Rank in course/Total: 118 (of 128)

Rank in course/Women: 18 (of 19)

Best time in course: 1:59:50

Rank in category: 4(of 4)

Best time in the category: 2:00:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	25:12	7:45	4	8:18	18	8:30	3.25	25:12	7:45	4	8:18	2	5:13
Lap 2	3.25	26:17	8:05	4	9:25	18	9:25	6.50	51:29	7:55	4	17:40	2	10:22
Lap 3	3.25	28:25	8:44	4	11:39	17	11:39	9.75	1:19:54	8:11	4	29:19	2	17:45
Lap 4	3.25	37:26	11:31	4	20:17	18	20:17	13.00	1:57:20	9:01	4	49:36	2	34:08
Lap 5	3.25	29:17	9:00	4	11:54	18	11:54	16.25	2:26:37	9:01	4	1:01:30	2	42:30
Lap 6	3.25	33:04	10:10	4	15:45	18	15:46	19.50	2:59:41	9:12	4	1:17:02	2	53:43
Last lap Finish	3.25	34:03	10:28	4	16:21	18	17:20	22.75	3:33:44	9:23	4	1:33:23	18	1:33:54