



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 604

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 3:43:33

Speed: 11.27 km/h

Running performance: 5:17 min/km

Rank in course/Total: 40 (of 148)

Rank in course/Women: 1 (of 18)

Best time in course: 3:43:33

Rank in category: 1(of 4)

Best time in the category: 3:43:33

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	16:24	5:02	1	-	2	0:12	3.25	16:24	5:02	1	-	18	
Lap 2	3.25	16:32	5:05	1	-	1	-	6.50	32:56	5:03	1	-	18	
Lap 3	3.25	16:45	5:09	1	-	1	-	9.75	49:41	5:05	1	-	18	
Lap 4	3.25	16:42	5:08	1	-	1	-	13.00	1:06:23	5:06	1	-	18	
Lap 5	3.25	16:33	5:05	1	-	1	-	16.25	1:22:56	5:06	1	-	18	
Lap 6	3.25	16:56	5:12	1	-	1	-	19.50	1:39:52	5:07	1	-	18	
Lap 7	3.25	18:14	5:36	1	-	1	-	22.75	1:58:06	5:11	1	-	18	
Lap 8	3.25	17:07	5:15	1	-	1	-	26.00	2:15:13	5:12	1	-	18	
Lap 9	3.25	17:28	5:22	1	-	1	-	29.25	2:32:41	5:13	1	-	18	
Lap 10	3.25	18:07	5:34	1	-	1	-	32.50	2:50:48	5:15	1	-	10	
Lap 11	3.25	17:42	5:26	1	-	1	-	35.75	3:08:30	5:16	1	-	10	
Lap 12	3.25	17:53	5:30	1	-	1	-	39.00	3:26:23	5:17	1	-	10	
Last lap Finish	3.25	17:10	5:16	1	-	1	-	42.25	3:43:33	5:17	1	-	2	1:30