



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Helmuth, Andrea**

Club: marathon4you

Number: 578

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:05:50

Speed: 10.25 km/h

Running performance: 5:49 min/km

Rank in course/Total: 80 (of 148)

Rank in course/Women: 2 (of 18)

Best time in course: 3:43:33

Rank in category: 2(of 4)

Best time in the category: 3:43:33

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	18:10	5:35	3	1:46	8	1:58	3.25	18:10	5:35	2	1:46	17	0:19
Lap 2	3.25	18:00	5:32	2	1:28	5	1:28	6.50	36:10	5:33	2	3:14	17	0:01
Lap 3	3.25	18:10	5:35	2	1:25	5	1:25	9.75	54:20	5:34	2	4:39	17	
Lap 4	3.25	18:01	5:32	2	1:19	5	1:19	13.00	1:12:21	5:33	2	5:58	17	
Lap 5	3.25	18:21	5:38	2	1:48	5	1:48	16.25	1:30:42	5:34	2	7:46	17	
Lap 6	3.25	18:53	5:48	2	1:57	3	1:57	19.50	1:49:35	5:37	2	9:43	17	
Lap 7	3.25	18:55	5:49	2	0:41	4	0:41	22.75	2:08:30	5:38	2	10:24	17	
Lap 8	3.25	19:10	5:53	2	2:03	2	2:03	26.00	2:27:40	5:40	2	12:27	17	
Lap 9	3.25	18:59	5:50	2	1:31	2	1:31	29.25	2:46:39	5:41	2	13:58	17	
Lap 10	3.25	19:20	5:56	2	1:13	2	1:13	32.50	3:05:59	5:43	2	15:11	17	
Lap 11	3.25	20:07	6:11	2	2:25	2	2:25	35.75	3:26:06	5:45	2	17:36	17	
Lap 12	3.25	19:51	6:06	2	1:58	2	1:58	39.00	3:45:57	5:47	2	19:34	17	
Last lap Finish	3.25	19:53	6:07	2	2:43	2	2:43	42.25	4:05:50	5:49	2	22:17	3	23:47