



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Siebe, Birte

Club: Lübbecker Berglöwen

Number: 572

Course: 42.25 km

Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 4:10:06

Speed: 10.08 km/h

Running performance: 5:55 min/km

Rank in course/Total: 88 (of 148)

Rank in course/Women: 4 (of 18)

Best time in course: 3:43:33

Rank in category: 1(of 2)

Best time in the category: 4:10:06

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	17:09	5:16	1	-	4	0:57	3.25	17:09	5:16	1	-	15	
Lap 2	3.25	17:21	5:20	1	-	4	0:49	6.50	34:30	5:18	1	-	15	
Lap 3	3.25	17:36	5:24	1	-	4	0:51	9.75	52:06	5:20	1	-	15	
Lap 4	3.25	17:57	5:31	1	-	4	1:15	13.00	1:10:03	5:23	1	-	15	
Lap 5	3.25	18:16	5:37	1	-	4	1:43	16.25	1:28:19	5:26	1	-	15	
Lap 6	3.25	19:00	5:50	1	-	4	2:04	19.50	1:47:19	5:30	1	-	15	
Lap 7	3.25	18:41	5:44	1	-	2	0:27	22.75	2:06:00	5:32	1	-	15	
Lap 8	3.25	19:11	5:54	1	-	3	2:04	26.00	2:25:11	5:35	1	-	15	
Lap 9	3.25	19:41	6:03	1	-	3	2:13	29.25	2:44:52	5:38	1	-	15	
Lap 10	3.25	21:57	6:45	2	0:34	9	3:50	32.50	3:06:49	5:44	1	-	15	
Lap 11	3.25	20:46	6:23	1	-	3	3:04	35.75	3:27:35	5:48	1	-	15	
Lap 12	3.25	20:57	6:26	1	-	3	3:04	39.00	3:48:32	5:51	1	-	15	
Last lap Finish	3.25	21:34	6:38	1	-	5	4:24	42.25	4:10:06	5:55	1	-	5	28:03