



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Palm, Kathrin

Club: LWV- Potsdam

Number: 576

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:23:02

Speed: 9.58 km/h

Running performance: 6:14 min/km

Rank in course/Total: 101 (of 148)

Rank in course/Women: 5 (of 18)

Best time in course: 3:43:33

Rank in category: 2(of 8)

Best time in the category: 4:06:44

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	17:53	5:30	4	1:41	6	1:41	3.25	17:53	5:30	3		13	0:02
Lap 2	3.25	18:26	5:40	4	1:46	7	1:54	6.50	36:19	5:35	3		13	0:10
Lap 3	3.25	19:15	5:55	4	2:27	8	2:30	9.75	55:34	5:41	3		13	0:41
Lap 4	3.25	19:19	5:56	3	2:13	7	2:37	13.00	1:14:53	5:45	3		13	0:41
Lap 5	3.25	19:59	6:08	4	2:37	9	3:26	16.25	1:34:52	5:50	3		13	1:05
Lap 6	3.25	19:33	6:00	3	1:51	6	2:37	19.50	1:54:25	5:52	3		13	0:50
Lap 7	3.25	20:10	6:12	3	1:19	7	1:56	22.75	2:14:35	5:54	3		13	0:39
Lap 8	3.25	20:52	6:25	3	0:33	8	3:45	26.00	2:35:27	5:58	3		13	0:26
Lap 9	3.25	21:11	6:31	3	0:35	6	3:43	29.25	2:56:38	6:02	3		13	
Lap 10	3.25	21:30	6:36	3	0:18	7	3:23	32.50	3:18:08	6:05	2	14:38	13	
Lap 11	3.25	21:28	6:36	2	0:18	6	3:46	35.75	3:39:36	6:08	2	14:27	13	
Lap 12	3.25	21:42	6:40	3	0:43	7	3:49	39.00	4:01:18	6:11	2	14:37	14	
Last lap Finish	3.25	21:44	6:41	3	1:41	6	4:34	42.25	4:23:02	6:13	3	40:59	6	40:59