



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Riehs, Angela

Club: LG Thalheim

Number: 558

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:28:57

Speed: 9.37 km/h

Running performance: 6:22 min/km

Rank in course/Total: 111 (of 148)

Rank in course/Women: 9 (of 18)

Best time in course: 3:43:33

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	17:51	5:29	3	1:39	5	1:39	3.25	17:51	5:29	5		1	-
Lap 2	3.25	18:18	5:37	3	1:38	6	1:46	6.50	36:09	5:33	5		1	-
Lap 3	3.25	18:44	5:45	3	1:56	6	1:59	9.75	54:53	5:37	5		1	-
Lap 4	3.25	19:19	5:56	3	2:13	7	2:37	13.00	1:14:12	5:42	5		1	-
Lap 5	3.25	19:35	6:01	3	2:13	6	3:02	16.25	1:33:47	5:46	5		1	-
Lap 6	3.25	19:48	6:05	4	2:06	8	2:52	19.50	1:53:35	5:49	5		1	-
Lap 7	3.25	20:21	6:15	4	1:30	10	2:07	22.75	2:13:56	5:53	5		1	-
Lap 8	3.25	21:05	6:29	4	0:46	10	3:58	26.00	2:35:01	5:57	5		1	-
Lap 9	3.25	21:39	6:39	4	1:03	9	4:11	29.25	2:56:40	6:02	5		1	-
Lap 10	3.25	22:08	6:48	4	0:56	10	4:01	32.50	3:18:48	6:07	4	15:18	1	-
Lap 11	3.25	23:12	7:08	4	2:02	11	5:30	35.75	3:42:00	6:12	4	16:51	1	-
Lap 12	3.25	23:28	7:13	4	2:29	10	5:35	39.00	4:05:28	6:17	4	18:47	1	-
Last lap Finish	3.25	23:29	7:13	5	3:26	11	6:19	42.25	4:28:57	6:21	5	46:54	10	46:54