



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. | 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 |