



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Zachow, Doris

Club: LT Lippehasen / 100 Marathon Club
Number: 569

Course: 42.25 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:29:18

Speed: 9.36 km/h
Running performance: 6:22 min/km

Rank in course/Total: 113 (of 148)

Rank in course/Women: 10 (of 18)

Best time in course: 3:43:33

Rank in category: 5(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	20:03	6:10	6	3:51	12	3:51	3.25	20:03	6:10	6		9	2:12
Lap 2	3.25	20:17	6:14	6	3:37	12	3:45	6.50	40:20	6:12	6	0:27	9	4:11
Lap 3	3.25	20:14	6:13	6	3:26	14	3:29	9.75	1:00:34	6:12	6	1:08	9	5:41
Lap 4	3.25	21:17	6:32	6	4:11	14	4:35	13.00	1:21:51	6:17	6	2:35	9	7:39
Lap 5	3.25	20:38	6:20	5	3:16	12	4:05	16.25	1:42:29	6:18	6	2:07	7	8:42
Lap 6	3.25	20:47	6:23	5	3:05	11	3:51	19.50	2:03:16	6:19	6	2:07	7	9:41
Lap 7	3.25	21:21	6:34	6	2:30	12	3:07	22.75	2:24:37	6:21	6	2:14	7	10:41
Lap 8	3.25	20:39	6:21	2	0:20	6	3:32	26.00	2:45:16	6:21	6	0:39	9	10:15
Lap 9	3.25	20:36	6:20	1	-	4	3:08	29.25	3:05:52	6:21	6		9	9:12
Lap 10	3.25	21:12	6:31	1	-	3	3:05	32.50	3:27:04	6:22	5	23:34	9	8:16
Lap 11	3.25	21:10	6:30	1	-	5	3:28	35.75	3:48:14	6:23	5	23:05	9	6:14
Lap 12	3.25	20:59	6:27	1	-	4	3:06	39.00	4:09:13	6:23	5	22:32	9	3:45
Last lap Finish	3.25	20:05	6:10	2	0:02	4	2:55	42.25	4:29:18	6:22	6	47:15	11	47:15