



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

von Poepinghausen, Vanessa

Club: Trail Team OWL

Number: 621

Course: 42.25 km

Marathon

Category:

Frauen (20-29 Jahre)

Total time: 4:46:42

Speed: 8.79 km/h

Running performance: 6:47 min/km

Rank in course/Total: 128 (of 148)

Rank in course/Women: 12 (of 18)

Best time in course: 3:43:33

Rank in category: 1(of 1)

Best time in the category: 4:46:42

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	20:27	6:17	1	-	15	4:15	3.25	20:27	6:17	1	-	7	2:36
Lap 2	3.25	20:26	6:17	1	-	14	3:54	6.50	40:53	6:17	1	-	7	4:44
Lap 3	3.25	20:06	6:11	1	-	12	3:21	9.75	1:00:59	6:15	1	-	7	6:06
Lap 4	3.25	20:29	6:18	1	-	13	3:47	13.00	1:21:28	6:15	1	-	7	7:16
Lap 5	3.25	21:01	6:28	1	-	13	4:28	16.25	1:42:29	6:18	1	-	7	8:42
Lap 6	3.25	20:47	6:23	1	-	11	3:51	19.50	2:03:16	6:19	1	-	7	9:41
Lap 7	3.25	21:21	6:34	1	-	12	3:07	22.75	2:24:37	6:21	1	-	7	10:41
Lap 8	3.25	24:52	7:39	1	-	16	7:45	26.00	2:49:29	6:31	1	-	7	14:28
Lap 9	3.25	23:09	7:07	1	-	12	5:41	29.25	3:12:38	6:35	1	-	7	15:58
Lap 10	3.25	23:07	7:06	1	-	11	5:00	32.50	3:35:45	6:38	1	-	7	16:57
Lap 11	3.25	23:02	7:05	1	-	10	5:20	35.75	3:58:47	6:40	1	-	7	16:47
Lap 12	3.25	24:02	7:23	1	-	12	6:09	39.00	4:22:49	6:44	1	-	7	17:21
Last lap Finish	3.25	23:53	7:20	1	-	14	6:43	42.25	4:46:42	6:47	1	-	13	1:04:39