



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Haase, Gabi

Club: LT Düsseldorf/CaBaNauTeN

Number: 565

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:47:33

Speed: 8.76 km/h

Running performance: 6:49 min/km

Rank in course/Total: 129 (of 148)

Rank in course/Women: 13 (of 18)

Best time in course: 3:43:33

Rank in category: 2(of 2)

Best time in the category: 4:30:41

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	22:40	6:58	2	2:24	18	6:28	3.25	22:40	6:58	2	2:24	6	4:49
Lap 2	3.25	19:31	6:00	1	-	10	2:59	6.50	42:11	6:29	2	1:34	6	6:02
Lap 3	3.25	19:16	5:55	1	-	10	2:31	9.75	1:01:27	6:18	2	0:43	6	6:34
Lap 4	3.25	19:33	6:00	1	-	10	2:51	13.00	1:21:00	6:13	2	0:08	6	6:48
Lap 5	3.25	19:56	6:08	1	-	8	3:23	16.25	1:40:56	6:12	2		6	7:09
Lap 6	3.25	20:22	6:15	1	-	10	3:26	19.50	2:01:18	6:13	2		6	7:43
Lap 7	3.25	21:38	6:39	2	1:35	14	3:24	22.75	2:22:56	6:16	2	0:44	6	9:00
Lap 8	3.25	23:00	7:04	2	2:09	13	5:53	26.00	2:45:56	6:22	2	2:53	6	10:55
Lap 9	3.25	23:39	7:16	2	2:17	14	6:11	29.25	3:09:35	6:28	2	5:10	6	12:55
Lap 10	3.25	24:34	7:33	2	3:06	13	6:27	32.50	3:34:09	6:35	2	8:16	6	15:21
Lap 11	3.25	23:50	7:19	2	2:45	12	6:08	35.75	3:57:59	6:39	2	11:01	6	15:59
Lap 12	3.25	23:40	7:16	2	2:20	11	5:47	39.00	4:21:39	6:42	2	13:21	6	16:11
Last lap Finish	3.25	25:54	7:58	2	3:31	15	8:44	42.25	4:47:33	6:48	2	16:52	14	1:05:30