



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Abel, Angelika

Club: TV Stammheim

Number: 632

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:57:22

Speed: 8.47 km/h

Running performance: 7:02 min/km

Rank in course/Total: 136 (of 148)

Rank in course/Women: 15 (of 18)

Best time in course: 3:43:33

Rank in category: 1(of 1)

Best time in the category: 4:57:22

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	20:58	6:27	1	-	16	4:46	3.25	20:58	6:27	1	-	4	3:07
Lap 2	3.25	21:02	6:28	1	-	17	4:30	6.50	42:00	6:27	1	-	4	5:51
Lap 3	3.25	21:28	6:36	1	-	15	4:43	9.75	1:03:28	6:30	1	-	4	8:35
Lap 4	3.25	21:33	6:37	1	-	15	4:51	13.00	1:25:01	6:32	1	-	4	10:49
Lap 5	3.25	22:08	6:48	1	-	16	5:35	16.25	1:47:09	6:35	1	-	4	13:22
Lap 6	3.25	22:11	6:49	1	-	15	5:15	19.50	2:09:20	6:37	1	-	4	15:45
Lap 7	3.25	22:21	6:52	1	-	15	4:07	22.75	2:31:41	6:40	1	-	4	17:45
Lap 8	3.25	23:04	7:05	1	-	14	5:57	26.00	2:54:45	6:43	1	-	4	19:44
Lap 9	3.25	23:45	7:18	1	-	15	6:17	29.25	3:18:30	6:47	1	-	4	21:50
Lap 10	3.25	26:00	8:00	1	-	17	7:53	32.50	3:44:30	6:54	1	-	4	25:42
Lap 11	3.25	24:34	7:33	1	-	13	6:52	35.75	4:09:04	6:58	1	-	4	27:04
Lap 12	3.25	24:45	7:36	1	-	13	6:52	39.00	4:33:49	7:01	1	-	4	28:21
Last lap Finish	3.25	23:33	7:14	1	-	13	6:23	42.25	4:57:22	7:02	1	-	16	1:15:19