



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Appel, Kerstin

Club: Laufteam Gelnhausen

Number: 202

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:55:20

Speed: 11.45 km/h

Running performance: 5:04 min/km

Rank in course/Total: 65 (of 188)

Rank in course/Women: 3 (of 32)

Best time in course: 1:46:31

Rank in category: 1(of 6)

Best time in the category: 1:55:20

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|--------|-----|--------|-----|-------------|----------------|--------------|-----------------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | |
| Lap 1 | 3.25 | 16:00 | 4:55 | 1 | - | 8 | 2:07 | 3.25 | 16:00 | 4:55 | 1 | - | 29 | | | | |
| Lap 2 | 3.25 | 16:20 | 5:01 | 1 | - | 4 | 1:34 | 6.50 | 32:20 | 4:58 | 1 | - | 29 | | | | |
| Lap 3 | 3.25 | 16:19 | 5:01 | 1 | - | 4 | 1:15 | 9.75 | 48:39 | 4:59 | 1 | - | 29 | | | | |
| Lap 4 | 3.25 | 16:19 | 5:01 | 1 | - | 3 | 0:41 | 13.00 | 1:04:58 | 4:59 | 1 | - | 29 | | | | |
| Lap 5 | 3.25 | 16:42 | 5:08 | 1 | - | 3 | 0:59 | 16.25 | 1:21:40 | 5:01 | 1 | - | 29 | | | | |
| Lap 6 | 3.25 | 16:48 | 5:10 | 1 | - | 3 | 0:55 | 19.50 | 1:38:28 | 5:02 | 1 | - | 29 | | | | |
| Last lap Finish | 3.25 | 16:52 | 5:11 | 1 | - | 3 | 1:45 | 22.75 | 1:55:20 | 5:04 | 1 | - | 3 | 8:49 | | | |