



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: 11.84 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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
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