



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Grusche, Romy**

Club: Die Süßen See Läufer

Number: 255

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:01:12

Speed: 10.89 km/h

Running performance: 5:20 min/km

Rank in course/Total: 89 (of 188)

Rank in course/Women: 6 (of 32)

Best time in course: 1:46:31

Rank in category: 2(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.	Stage score		Total ranking								
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women		
Lap 1	3.25	16:22	5:02	2	0:22	9	2:29	3.25	16:22	5:02	2	0:22	26			
Lap 2	3.25	17:06	5:15	2	0:46	10	2:20	6.50	33:28	5:08	2	1:08	26			
Lap 3	3.25	17:13	5:17	2	0:54	6	2:09	9.75	50:41	5:11	2	2:02	26			
Lap 4	3.25	17:29	5:22	2	1:10	6	1:51	13.00	1:08:10	5:14	2	3:12	26			
Lap 5	3.25	17:36	5:24	2	0:54	6	1:53	16.25	1:25:46	5:16	2	4:06	26			
Lap 6	3.25	17:47	5:28	2	0:59	6	1:54	19.50	1:43:33	5:18	2	5:05	26			
Last lap Finish	3.25	17:39	5:25	2	0:47	6	2:32	22.75	2:01:12	5:19	2	5:52	6	14:41		