



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Dekker, Anja

Club: MTV Aurich

Number: 222

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:04:06

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 101 (of 188)

Rank in course/Women: 10 (of 32)

Best time in course: 1:46:31

Rank in category: 3(of 4)

Best time in the category: 2:00:52

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	18:10	5:35	3	2:45	20	4:17	3.25	18:10	5:35	3	2:44	21	0:02
Lap 2	3.25	16:55	5:12	1	-	6	2:09	6.50	35:05	5:23	3	2:35	21	
Lap 3	3.25	17:11	5:17	1	-	5	2:07	9.75	52:16	5:21	3	2:08	21	
Lap 4	3.25	17:30	5:23	1	-	7	1:52	13.00	1:09:46	5:21	3	2:01	21	
Lap 5	3.25	17:37	5:25	1	-	7	1:54	16.25	1:27:23	5:22	3	2:00	21	
Lap 6	3.25	18:30	5:41	2	0:33	12	2:37	19.50	1:45:53	5:25	3	2:33	21	
Last lap Finish	3.25	18:13	5:36	3	0:41	11	3:06	22.75	2:04:06	5:27	3	3:14	10	17:35