



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Wahrenberg, Sabine

Club: Schmalkalden

Number: 389

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:05:44

Speed: 10.50 km/h

Running performance: 5:32 min/km

Rank in course/Total: 111 (of 188)

Rank in course/Women: 12 (of 32)

Best time in course: 1:46:31

Rank in category: 4(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	17:10	5:16	3	1:10	13	3:17	3.25	17:10	5:16	4	1:10	19		
Lap 2	3.25	17:29	5:22	4	1:09	12	2:43	6.50	34:39	5:19	4	2:19	19		
Lap 3	3.25	18:10	5:35	4	1:51	14	3:06	9.75	52:49	5:25	4	4:10	19		
Lap 4	3.25	18:13	5:36	3	1:54	13	2:35	13.00	1:11:02	5:27	4	6:04	19		
Lap 5	3.25	18:20	5:38	4	1:38	13	2:37	16.25	1:29:22	5:29	4	7:42	19		
Lap 6	3.25	18:30	5:41	4	1:42	12	2:37	19.50	1:47:52	5:31	4	9:24	19		
Last lap Finish	3.25	17:52	5:29	4	1:00	8	2:45	22.75	2:05:44	5:31	4	10:24	12	19:13	