



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Heerd, Ramona

Club: FC Bayern München

Number: 268

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 2:07:54

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 116 (of 188)

Rank in course/Women: 14 (of 32)

Best time in course: 1:46:31

Rank in category: 3(of 6)

Best time in the category: 1:46:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	18:08	5:34	4	4:15	18	4:15	3.25	18:08	5:34	4	1:44	1	-
Lap 2	3.25	18:31	5:41	3	3:45	16	3:45	6.50	36:39	5:38	3	8:00	1	-
Lap 3	3.25	18:17	5:37	3	3:13	15	3:13	9.75	54:56	5:38	3	11:13	1	-
Lap 4	3.25	18:12	5:35	3	2:34	12	2:34	13.00	1:13:08	5:37	3	13:47	17	1:25
Lap 5	3.25	18:21	5:38	3	2:38	14	2:38	16.25	1:31:29	5:37	3	16:25	17	
Lap 6	3.25	18:20	5:38	3	2:19	11	2:27	19.50	1:49:49	5:37	3	18:44	17	
Last lap Finish	3.25	18:05	5:33	2	2:39	9	2:58	22.75	2:07:54	5:37	3	21:23	14	21:23