



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Ratzlow, Cordula

Club: Kath. Laufjugend Arnstadt
Number: 336

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:12:59

Speed: 9.93 km/h
Running performance: 5:51 min/km

Rank in course/Total: 128 (of 188)

Rank in course/Women: 16 (of 32)

Best time in course: 1:46:31

Rank in category: 2(of 5)

Best time in the category: 1:49:19

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	18:07	5:34	3	3:21	17	4:14	3.25	18:07	5:34	3		15	
Lap 2	3.25	18:52	5:48	4	3:19	19	4:06	6.50	36:59	5:41	3		15	0:20
Lap 3	3.25	18:53	5:48	2	3:02	16	3:49	9.75	55:52	5:43	3		15	0:56
Lap 4	3.25	19:26	5:58	2	3:29	17	3:48	13.00	1:15:18	5:47	2	13:11	15	3:35
Lap 5	3.25	19:02	5:51	2	2:50	16	3:19	16.25	1:34:20	5:48	2	16:01	15	2:37
Lap 6	3.25	19:26	5:58	2	3:33	16	3:33	19.50	1:53:46	5:50	2	19:34	15	1:37
Last lap Finish	3.25	19:13	5:54	2	4:06	15	4:06	22.75	2:12:59	5:50	2	23:40	16	26:28