



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Hermanns, Marieluise

Club: AS LahnLaender Lahnau

Number: 273

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:16:59

Speed: 9.64 km/h

Running performance: 6:01 min/km

Rank in course/Total: 145 (of 188)

Rank in course/Women: 17 (of 32)

Best time in course: 1:46:31

Rank in category: 3(of 5)

Best time in the category: 1:49:19

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	17:08	5:16	2	2:22	12	3:15	3.25	17:08	5:16	4		14	
Lap 2	3.25	18:42	5:45	3	3:09	18	3:56	6.50	35:50	5:30	4		14	
Lap 3	3.25	19:29	5:59	4	3:38	20	4:25	9.75	55:19	5:40	4		14	0:23
Lap 4	3.25	20:00	6:09	3	4:03	20	4:22	13.00	1:15:19	5:47	3	13:12	14	3:36
Lap 5	3.25	20:12	6:12	3	4:00	19	4:29	16.25	1:35:31	5:52	3	17:12	14	3:48
Lap 6	3.25	20:47	6:23	4	4:54	20	4:54	19.50	1:56:18	5:57	3	22:06	14	4:09
Last lap Finish	3.25	20:41	6:21	3	5:34	18	5:34	22.75	2:16:59	6:01	3	27:40	17	30:28