



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Stryz, Jasmin

Club: Tria- und Genusssportler

Number: 377

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:53:12

Speed: 7.62 km/h

Running performance: 7:37 min/km

Rank in course/Total: 174 (of 188)

Rank in course/Women: 25 (of 32)

Best time in course: 1:46:31

Rank in category: 1(of 3)

Best time in the category: 2:53:12

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	22:34	6:56	3	4:35	27	8:41	3.25	22:34	6:56	2	4:35	6	4:26
Lap 2	3.25	24:09	7:25	3	6:12	29	9:23	6.50	46:43	7:11	2	10:47	6	10:04
Lap 3	3.25	24:02	7:23	2	6:36	27	8:58	9.75	1:10:45	7:15	2	17:23	6	15:49
Lap 4	3.25	24:51	7:38	2	7:46	26	9:13	13.00	1:35:36	7:21	2	25:09	6	23:53
Lap 5	3.25	25:27	7:49	2	8:14	27	9:44	16.25	2:01:03	7:26	2	33:23	6	29:20
Lap 6	3.25	26:01	8:00	2	8:51	27	10:08	19.50	2:27:04	7:32	2	42:14	6	34:55
Last lap Finish	3.25	26:08	8:02	1	-	25	11:01	22.75	2:53:12	7:36	1	-	25	1:06:41