



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Lenschow, Sylvia**

Club: TV Friesen Telgte

Number: 303

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:58:43

Speed: 7.39 km/h

Running performance: 7:52 min/km

Rank in course/Total: 178 (of 188)

Rank in course/Women: 28 (of 32)

Best time in course: 1:46:31

Rank in category: 4(of 4)

Best time in the category: 2:00:52

### 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	24:07	7:25	4	8:42	28	10:14	3.25	24:07	7:25	4	8:41	3	5:59
Lap 2	3.25	24:16	7:28	4	7:21	31	9:30	6.50	48:23	7:26	4	15:53	2	11:44
Lap 3	3.25	24:37	7:34	4	7:26	30	9:33	9.75	1:13:00	7:29	4	22:52	2	18:04
Lap 4	3.25	26:00	8:00	4	8:30	28	10:22	13.00	1:39:00	7:36	4	31:15	3	27:17
Lap 5	3.25	26:41	8:12	4	9:04	30	10:58	16.25	2:05:41	7:44	4	40:18	2	33:58
Lap 6	3.25	26:50	8:15	4	8:53	28	10:57	19.50	2:32:31	7:49	4	49:11	3	40:22
Last lap Finish	3.25	26:12	8:03	4	8:40	26	11:05	22.75	2:58:43	7:51	4	57:51	28	1:12:12