



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 30

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 3:41:47

Speed: 11.36 km/h

Running performance: 5:15 min/km

Rank in course/Total: 31 (of 114)

Rank in course/Women: 4 (of 14)

Best time in course: 3:28:49

Rank in category: 2(of 4)

Best time in the category: 3:38:17

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	16:04	4:56	3	1:26	7	1:43	3.25	16:04	4:56	2	1:26	5	0:44
Lap 2	3.25	16:34	5:05	3	0:50	5	1:03	6.50	32:38	5:01	2	2:16	4	2:46
Lap 3	3.25	16:44	5:08	3	0:33	4	0:52	9.75	49:22	5:03	2	2:49	4	3:38
Lap 4	3.25	16:50	5:10	3	0:37	4	0:58	13.00	1:06:12	5:05	2	3:26	4	4:36
Lap 5	3.25	17:06	5:15	2	0:31	3	1:04	16.25	1:23:18	5:07	2	2:50	4	5:40
Lap 6	3.25	17:14	5:18	3	1:04	5	1:04	19.50	1:40:32	5:09	2	3:54	4	6:23
Lap 7	3.25	16:30	5:04	1	-	2	0:31	22.75	1:57:02	5:08	2	3:54	4	6:54
Lap 8	3.25	17:01	5:14	2	0:09	3	0:27	26.00	2:14:03	5:09	2	4:03	4	7:21
Lap 9	3.25	16:49	5:10	2	0:03	2	0:03	29.25	2:30:52	5:09	2	4:06	4	7:15
Lap 10	3.25	17:11	5:17	2	0:03	3	0:35	32.50	2:48:03	5:10	2	4:09	4	7:50
Lap 11	3.25	18:26	5:40	1	-	4	1:54	35.75	3:06:29	5:12	2	3:54	4	9:44
Lap 12	3.25	17:43	5:27	2	0:07	5	1:17	39.00	3:24:12	5:14	2	4:01	4	11:01
Last lap Finish	3.25	17:35	5:24	1	-	4	1:57	42.25	3:41:47	5:14	2	3:30	4	12:58