



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Lenhard, Iris

Club: EFSC

Number: 77

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:47:30

Speed: 11.08 km/h

Running performance: 5:23 min/km

Rank in course/Total: 38 (of 114)

Rank in course/Women: 5 (of 14)

Best time in course: 3:28:49

Rank in category: 1(of 2)

Best time in the category: 3:47:30

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	17:27	5:22	1	-	9	3:06	3.25	17:27	5:22	1	-	6	2:07
Lap 2	3.25	17:33	5:24	1	-	7	2:02	6.50	35:00	5:23	1	-	5	5:08
Lap 3	3.25	17:30	5:23	1	-	7	1:38	9.75	52:30	5:23	1	-	5	6:46
Lap 4	3.25	17:18	5:19	1	-	6	1:26	13.00	1:09:48	5:22	1	-	5	8:12
Lap 5	3.25	17:17	5:19	1	-	5	1:15	16.25	1:27:05	5:21	1	-	5	9:27
Lap 6	3.25	17:36	5:24	1	-	6	1:26	19.50	1:44:41	5:22	1	-	5	10:32
Lap 7	3.25	17:40	5:26	1	-	6	1:41	22.75	2:02:21	5:22	1	-	5	12:13
Lap 8	3.25	17:44	5:27	1	-	5	1:10	26.00	2:20:05	5:23	1	-	5	13:23
Lap 9	3.25	18:05	5:33	1	-	5	1:19	29.25	2:38:10	5:24	1	-	5	14:33
Lap 10	3.25	17:35	5:24	1	-	5	0:59	32.50	2:55:45	5:24	1	-	5	15:32
Lap 11	3.25	17:29	5:22	1	-	2	0:57	35.75	3:13:14	5:24	1	-	5	16:29
Lap 12	3.25	17:12	5:17	1	-	2	0:46	39.00	3:30:26	5:23	1	-	5	17:15
Last lap Finish	3.25	17:04	5:15	1	-	3	1:26	42.25	3:47:30	5:23	1	-	5	18:41