



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen

Number: 12

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 3:49:30

Speed: 10.98 km/h

Running performance: 5:26 min/km

Rank in course/Total: 41 (of 114)

Rank in course/Women: 6 (of 14)

Best time in course: 3:28:49

Rank in category: 3(of 4)

Best time in the category: 3:38:17

Intermediate times

Stage score

Total ranking

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	15:12	4:40	2	0:34	3	0:51	3.25	15:12	4:40	3	0:34	7	
Lap 2	3.25	16:10	4:58	2	0:26	3	0:39	6.50	31:22	4:49	3	1:00	6	1:30
Lap 3	3.25	16:25	5:03	2	0:14	3	0:33	9.75	47:47	4:54	3	1:14	6	2:03
Lap 4	3.25	16:44	5:08	2	0:31	3	0:52	13.00	1:04:31	4:57	3	1:45	6	2:55
Lap 5	3.25	16:35	5:06	1	-	2	0:33	16.25	1:21:06	4:59	3	0:38	6	3:28
Lap 6	3.25	17:06	5:15	2	0:56	4	0:56	19.50	1:38:12	5:02	3	1:34	6	4:03
Lap 7	3.25	17:31	5:23	3	1:01	5	1:32	22.75	1:55:43	5:05	3	2:35	6	5:35
Lap 8	3.25	18:04	5:33	3	1:12	6	1:30	26.00	2:13:47	5:08	3	3:47	6	7:05
Lap 9	3.25	18:38	5:44	3	1:52	6	1:52	29.25	2:32:25	5:12	3	5:39	6	8:48
Lap 10	3.25	18:52	5:48	3	1:44	6	2:16	32.50	2:51:17	5:16	3	7:23	6	11:04
Lap 11	3.25	19:21	5:57	3	0:55	6	2:49	35.75	3:10:38	5:19	3	8:03	6	13:53
Lap 12	3.25	19:25	5:58	3	1:49	6	2:59	39.00	3:30:03	5:23	3	9:52	6	16:52
Last lap Finish	3.25	19:27	5:59	3	1:52	6	3:49	42.25	3:49:30	5:25	3	11:13	6	20:41