



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Neuhaus, Ilga

Club: Life is running
Number: 94

Course: 42.25 km
Marathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 4:11:11

Speed: 10.03 km/h
Running performance: 5:57 min/km

Rank in course/Total: 68 (of 114)

Rank in course/Women: 7 (of 14)

Best time in course: 3:28:49

Rank in category: 1(of 2)

Best time in the category: 4:11:11

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total					
	km	Time	min/km	Cat.	Behind	Pos	Behind	km	Time	min/km	Pos	Behind	Pos	Behind
Lap 1	3.25	15:40	4:49	1	-	5	1:19	3.25	15:40	4:49	1	-	8	0:20
Lap 2	3.25	16:31	5:04	1	-	4	1:00	6.50	32:11	4:57	1	-	7	2:19
Lap 3	3.25	17:29	5:22	1	-	6	1:37	9.75	49:40	5:05	1	-	7	3:56
Lap 4	3.25	18:18	5:37	1	-	8	2:26	13.00	1:07:58	5:13	1	-	7	6:22
Lap 5	3.25	18:31	5:41	1	-	8	2:29	16.25	1:26:29	5:19	1	-	7	8:51
Lap 6	3.25	19:37	6:02	1	-	8	3:27	19.50	1:46:06	5:26	1	-	7	11:57
Lap 7	3.25	20:13	6:13	1	-	8	4:14	22.75	2:06:19	5:33	1	-	7	16:11
Lap 8	3.25	20:40	6:21	1	-	8	4:06	26.00	2:26:59	5:39	1	-	7	20:17
Lap 9	3.25	19:49	6:05	1	-	7	3:03	29.25	2:46:48	5:42	1	-	7	23:11
Lap 10	3.25	20:01	6:09	1	-	7	3:25	32.50	3:06:49	5:44	1	-	7	26:36
Lap 11	3.25	21:06	6:29	1	-	7	4:34	35.75	3:27:55	5:48	1	-	7	31:10
Lap 12	3.25	21:51	6:43	1	-	8	5:25	39.00	3:49:46	5:53	1	-	7	36:35
Last lap Finish	3.25	21:25	6:35	1	-	7	5:47	42.25	4:11:11	5:56	1	-	7	42:22