



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Gliege, Manuela

Club: Jena

Number: 34

Course: 42.25 km

Marathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 4:18:04

Speed: 9.76 km/h

Running performance: 6:07 min/km

Rank in course/Total: 78 (of 114)

Rank in course/Women: 8 (of 14)

Best time in course: 3:28:49

Rank in category: 1(of 1)

Best time in the category: 4:18:04

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	16:54	5:11	1	-	8	2:33	3.25	16:54	5:11	1	-	9	1:34
Lap 2	3.25	17:37	5:25	1	-	8	2:06	6.50	34:31	5:18	1	-	8	4:39
Lap 3	3.25	18:05	5:33	1	-	8	2:13	9.75	52:36	5:23	1	-	8	6:52
Lap 4	3.25	17:52	5:29	1	-	7	2:00	13.00	1:10:28	5:25	1	-	8	8:52
Lap 5	3.25	18:10	5:35	1	-	7	2:08	16.25	1:28:38	5:27	1	-	8	11:00
Lap 6	3.25	18:37	5:43	1	-	7	2:27	19.50	1:47:15	5:30	1	-	8	13:06
Lap 7	3.25	19:24	5:58	1	-	7	3:25	22.75	2:06:39	5:34	1	-	8	16:31
Lap 8	3.25	20:35	6:19	1	-	7	4:01	26.00	2:27:14	5:39	1	-	8	20:32
Lap 9	3.25	21:39	6:39	1	-	8	4:53	29.25	2:48:53	5:46	1	-	8	25:16
Lap 10	3.25	22:46	7:00	1	-	9	6:10	32.50	3:11:39	5:53	1	-	8	31:26
Lap 11	3.25	22:07	6:48	1	-	9	5:35	35.75	3:33:46	5:58	1	-	8	37:01
Lap 12	3.25	22:09	6:48	1	-	9	5:43	39.00	3:55:55	6:02	1	-	8	42:44
Last lap Finish	3.25	22:09	6:48	1	-	9	6:31	42.25	4:18:04	6:06	1	-	8	49:15