



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Littwin, Gabriele

Club: LT Lippehasen

Number: 148

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:53:30

Speed: 8.59 km/h

Running performance: 6:57 min/km

Rank in course/Total: 104 (of 114)

Rank in course/Women: 11 (of 14)

Best time in course: 3:28:49

Rank in category: 1(of 2)

Best time in the category: 4:53:30

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	22:14	6:50	2	1:32	14	7:53	3.25	22:14	6:50	1	-	12	6:54
Lap 2	3.25	20:50	6:24	1	-	11	5:19	6.50	43:04	6:37	1	-	11	13:12
Lap 3	3.25	21:35	6:38	1	-	12	5:43	9.75	1:04:39	6:37	1	-	11	18:55
Lap 4	3.25	21:23	6:34	1	-	10	5:31	13.00	1:26:02	6:37	1	-	11	24:26
Lap 5	3.25	21:20	6:33	1	-	11	5:18	16.25	1:47:22	6:36	1	-	11	29:44
Lap 6	3.25	21:36	6:38	1	-	10	5:26	19.50	2:08:58	6:36	1	-	11	34:49
Lap 7	3.25	21:48	6:42	1	-	10	5:49	22.75	2:30:46	6:37	1	-	11	40:38
Lap 8	3.25	22:19	6:51	1	-	9	5:45	26.00	2:53:05	6:39	1	-	11	46:23
Lap 9	3.25	22:49	7:01	1	-	9	6:03	29.25	3:15:54	6:41	1	-	11	52:17
Lap 10	3.25	24:06	7:24	1	-	11	7:30	32.50	3:40:00	6:46	1	-	11	59:47
Lap 11	3.25	24:04	7:24	1	-	11	7:32	35.75	4:04:04	6:49	1	-	11	1:07:19
Lap 12	3.25	24:48	7:37	1	-	12	8:22	39.00	4:28:52	6:53	1	-	11	1:15:41
Last lap Finish	3.25	24:38	7:34	1	-	12	9:00	42.25	4:53:30	6:56	1	-	11	1:24:41