



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Abel, Angelika

Club: TV Stammheim

Number: 1

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 5:08:04

Speed: 8.18 km/h

Running performance: 7:17 min/km

Rank in course/Total: 107 (of 114)

Rank in course/Women: 13 (of 14)

Best time in course: 3:28:49

Rank in category: 2(of 2)

Best time in the category: 4:53:30

Intermediate times				Stage score				Total ranking						
Control	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	20:42	6:22	1	-	13	6:21	3.25	20:42	6:22	2		14	5:22
Lap 2	3.25	21:37	6:39	2	0:47	13	6:06	6.50	42:19	6:30	2		13	12:27
Lap 3	3.25	21:42	6:40	2	0:07	13	5:50	9.75	1:04:01	6:33	2		13	18:17
Lap 4	3.25	22:05	6:47	2	0:42	13	6:13	13.00	1:26:06	6:37	2	0:04	13	24:30
Lap 5	3.25	22:06	6:48	2	0:46	13	6:04	16.25	1:48:12	6:39	2	0:50	13	30:34
Lap 6	3.25	22:16	6:51	2	0:40	12	6:06	19.50	2:10:28	6:41	2	1:30	13	36:19
Lap 7	3.25	23:20	7:10	2	1:32	13	7:21	22.75	2:33:48	6:45	2	3:02	13	43:40
Lap 8	3.25	23:40	7:16	2	1:21	12	7:06	26.00	2:57:28	6:49	2	4:23	13	50:46
Lap 9	3.25	25:42	7:54	2	2:53	13	8:56	29.25	3:23:10	6:56	2	7:16	13	59:33
Lap 10	3.25	26:01	8:00	2	1:55	13	9:25	32.50	3:49:11	7:03	2	9:11	13	1:08:58
Lap 11	3.25	26:16	8:04	2	2:12	13	9:44	35.75	4:15:27	7:08	2	11:23	13	1:18:42
Lap 12	3.25	25:55	7:58	2	1:07	13	9:29	39.00	4:41:22	7:12	2	12:30	13	1:28:11
Last lap Finish	3.25	26:42	8:12	2	2:04	13	11:04	42.25	5:08:04	7:17	2	14:34	13	1:39:15