



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Mess, Kim

Club: Sf Blak-Geuß

Number: 313

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:48:57

Speed: 12.12 km/h

Running performance: 4:47 min/km

Rank in course/Total: 51 (of 380)

Rank in course/Women: 2 (of 86)

Best time in course: 1:41:23

Rank in category: 1(of 14)

Best time in the category: 1:48:57

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	15:28	4:45	1	-	7	0:38	3.25	15:28	4:45	1	-	7	0:38
Lap 2	3.25	15:13	4:40	1	-	3	2:25	6.50	30:41	4:43	1	-	5	2:53
Lap 3	3.25	15:06	4:38	1	-	3	0:38	9.75	45:47	4:41	1	-	5	3:31
Lap 4	3.25	15:27	4:45	1	-	3	0:48	13.00	1:01:14	4:42	1	-	3	4:19
Lap 5	3.25	15:32	4:46	1	-	3	0:47	16.25	1:16:46	4:43	1	-	3	5:06
Lap 6	3.25	15:58	4:54	1	-	3	1:05	19.50	1:32:44	4:45	1	-	3	6:11
Last lap Finish	3.25	16:13	4:59	3	0:26	5	1:23	22.75	1:48:57	4:47	1	-	3	7:34