



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Kasemir, Alexandra

Club: SG-Marzahn

Number: 368

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:00:16

Speed: 10.98 km/h

Running performance: 5:17 min/km

Rank in course/Total: 135 (of 380)

Rank in course/Women: 4 (of 86)

Best time in course: 1:41:23

Rank in category: 1(of 14)

Best time in the category: 2:00:16

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | 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 | 15:53 | 4:53 | 1 | - | 11 | 1:03 | 3.25 | 15:53 | 4:53 | 1 | - | 11 | 1:03 |
| Lap 2 | 3.25 | 16:20 | 5:01 | 3 | 0:43 | 9 | 3:32 | 6.50 | 32:13 | 4:57 | 3 | 0:39 | 11 | 4:25 |
| Lap 3 | 3.25 | 16:36 | 5:06 | 3 | 0:50 | 9 | 2:08 | 9.75 | 48:49 | 5:00 | 3 | 1:29 | 9 | 6:33 |
| Lap 4 | 3.25 | 17:00 | 5:13 | 3 | 0:45 | 9 | 2:21 | 13.00 | 1:05:49 | 5:03 | 3 | 2:14 | 9 | 8:54 |
| Lap 5 | 3.25 | 17:41 | 5:26 | 1 | - | 13 | 2:56 | 16.25 | 1:23:30 | 5:08 | 1 | - | 7 | 11:50 |
| Lap 6 | 3.25 | 18:33 | 5:42 | 1 | - | 27 | 3:40 | 19.50 | 1:42:03 | 5:14 | 1 | - | 7 | 15:30 |
| Last lap Finish | 3.25 | 18:13 | 5:36 | 1 | - | 23 | 3:23 | 22.75 | 2:00:16 | 5:17 | 1 | - | 7 | 18:53 |