



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Fietkau, Nicole

Club: SG Stern Kassel

Number: 278

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:00:16

Speed: 10.98 km/h

Running performance: 5:17 min/km

Rank in course/Total: 136 (of 380)

Rank in course/Women: 4 (of 86)

Best time in course: 1:41:23

Rank in category: 1(of 26)

Best time in the category: 2:00:16

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 3.25 | 16:03 | 4:56 | 3 | 0:02 | 17 | 1:13 | 3.25 | 16:03 | 4:56 | 3 | 0:02 | 17 | 1:13 |
| Lap 2 | 3.25 | 16:54 | 5:11 | 5 | 0:12 | 17 | 4:06 | 6.50 | 32:57 | 5:04 | 1 | - | 13 | 5:09 |
| Lap 3 | 3.25 | 17:16 | 5:18 | 5 | 0:04 | 17 | 2:48 | 9.75 | 50:13 | 5:09 | 1 | - | 13 | 7:57 |
| Lap 4 | 3.25 | 17:30 | 5:23 | 1 | - | 13 | 2:51 | 13.00 | 1:07:43 | 5:12 | 1 | - | 13 | 10:48 |
| Lap 5 | 3.25 | 17:48 | 5:28 | 5 | 0:14 | 17 | 3:03 | 16.25 | 1:25:31 | 5:15 | 1 | - | 13 | 13:51 |
| Lap 6 | 3.25 | 17:38 | 5:25 | 1 | - | 7 | 2:45 | 19.50 | 1:43:09 | 5:17 | 1 | - | 13 | 16:36 |
| Last lap Finish | 3.25 | 17:07 | 5:15 | 3 | 0:14 | 11 | 2:17 | 22.75 | 2:00:16 | 5:17 | 1 | - | 7 | 18:53 |