



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