



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Kurzhals, Birgit

Club: SG Stern Kassel

Number: 275

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:02:20

Speed: 10.79 km/h

Running performance: 5:23 min/km

Rank in course/Total: 155 (of 380)

Rank in course/Women: 9 (of 86)

Best time in course: 1:41:23

Rank in category: 3(of 26)

Best time in the category: 2:00:16

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	16:16	5:00	5	0:15	19	1:26	3.25	16:16	5:00	5	0:15	19	1:26
Lap 2	3.25	16:42	5:08	1	-	13	3:54	6.50	32:58	5:04	3	0:01	17	5:10
Lap 3	3.25	17:15	5:18	3	0:03	15	2:47	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	17:57	5:31	7	0:23	23	3:12	16.25	1:25:40	5:16	3	0:09	15	14:00
Lap 6	3.25	18:19	5:38	7	0:41	23	3:26	19.50	1:43:59	5:19	3	0:50	15	17:26
Last lap Finish	3.25	18:21	5:38	7	1:28	29	3:31	22.75	2:02:20	5:22	5	2:04	17	20:57