



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Ostheimer, Manuela

Club: Team Orange

Number: 352

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:06:24

Speed: 10.80 km/h

Running performance: 5:34 min/km

Rank in course/Total: 203 (of 380)

Rank in course/Women: 16 (of 86)

Best time in course: 1:41:23

Rank in category: 4(of 14)

Best time in the category: 1:48:57

Intermediate times

Stage score

Total ranking

Control	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	16:54	5:11	7	1:26	25	2:04	3.25	16:54	5:11	7	1:26	25	2:04
Lap 2	3.25	17:38	5:25	7	2:25	29	4:50	6.50	34:32	5:18	7	3:51	25	6:44
Lap 3	3.25	18:10	5:35	7	3:04	35	3:42	9.75	52:42	5:24	7	6:55	27	10:26
Lap 4	3.25	18:14	5:36	5	2:47	31	3:35	13.00	1:10:56	5:27	7	9:42	31	14:01
Lap 5	3.25	18:26	5:40	7	2:54	31	3:41	16.25	1:29:22	5:29	7	12:36	33	17:42
Lap 6	3.25	18:50	5:47	7	2:52	35	3:57	19.50	1:48:12	5:32	7	15:28	33	21:39
Last lap Finish	3.25	18:12	5:35	5	2:25	21	3:22	22.75	2:06:24	5:33	7	17:27	31	25:01