



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Zdebik, Rose

Club: SV Birkenhard

Number: 273

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:09:43

Speed: 10.18 km/h

Running performance: 5:42 min/km

Rank in course/Total: 233 (of 380)

Rank in course/Women: 19 (of 86)

Best time in course: 1:41:23

Rank in category: 5(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	18:16	5:37	13	2:15	45	3:26	3.25	18:16	5:37	13	2:15	45	3:26
Lap 2	3.25	18:26	5:40	9	1:44	39	5:38	6.50	36:42	5:38	9	3:45	41	8:54
Lap 3	3.25	18:36	5:43	9	1:24	39	4:08	9.75	55:18	5:40	9	5:05	39	13:02
Lap 4	3.25	18:24	5:39	9	0:54	37	3:45	13.00	1:13:42	5:40	9	5:59	39	16:47
Lap 5	3.25	18:44	5:45	9	1:10	35	3:59	16.25	1:32:26	5:41	9	6:55	37	20:46
Lap 6	3.25	18:47	5:46	9	1:09	33	3:54	19.50	1:51:13	5:42	9	8:04	37	24:40
Last lap Finish	3.25	18:30	5:41	9	1:37	33	3:40	22.75	2:09:43	5:42	9	9:27	37	28:20