



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Gauert, Nasira

Club: Braunschweig
Number: 344

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:19:20

Speed: 9.47 km/h
Running performance: 6:07 min/km

Rank in course/Total: 279 (of 380)

Rank in course/Women: 24 (of 86)

Best time in course: 1:41:23

Rank in category: 8(of 26)

Best time in the category: 2:00:16

Control	Intermediate times			Stage score				Total ranking						
	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	18:48	5:47	17	2:47	53	3:58	3.25	18:48	5:47	17	2:47	53	3:58
Lap 2	3.25	19:12	5:54	13	2:30	49	6:24	6.50	38:00	5:50	17	5:03	53	10:12
Lap 3	3.25	19:36	6:01	13	2:24	45	5:08	9.75	57:36	5:54	13	7:23	47	15:20
Lap 4	3.25	19:37	6:02	13	2:07	45	4:58	13.00	1:17:13	5:56	13	9:30	45	20:18
Lap 5	3.25	20:01	6:09	13	2:27	41	5:16	16.25	1:37:14	5:59	13	11:43	45	25:34
Lap 6	3.25	20:38	6:20	15	3:00	45	5:45	19.50	1:57:52	6:02	13	14:43	45	31:19
Last lap Finish	3.25	21:28	6:36	15	4:35	47	6:38	22.75	2:19:20	6:07	15	19:04	47	37:57