



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Tensi, Rita

Club: Non-Stop-Ultra Brakel

Number: 282

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:26:48

Speed: 8.99 km/h

Running performance: 6:27 min/km

Rank in course/Total: 303 (of 380)

Rank in course/Women: 28 (of 86)

Best time in course: 1:41:23

Rank in category: 3(of 6)

Best time in the category: 2:00:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	19:43	6:03	5	4:30	71	4:53	3.25	19:43	6:03	5	4:30	71	4:53
Lap 2	3.25	19:54	6:07	3	3:21	61	7:06	6.50	39:37	6:05	3	7:51	65	11:49
Lap 3	3.25	20:12	6:12	5	3:03	57	5:44	9.75	59:49	6:08	5	10:54	65	17:33
Lap 4	3.25	20:36	6:20	5	3:04	55	5:57	13.00	1:20:25	6:11	5	13:58	57	23:30
Lap 5	3.25	21:57	6:45	5	4:01	57	7:12	16.25	1:42:22	6:17	5	17:59	57	30:42
Lap 6	3.25	22:25	6:53	5	4:16	53	7:32	19.50	2:04:47	6:23	5	22:15	55	38:14
Last lap Finish	3.25	22:01	6:46	3	3:42	51	7:11	22.75	2:26:48	6:27	5	25:57	55	45:25