



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Mönnikes, Monika

Club: Non-Stop-Ultra

Number: 276

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:26:48

Speed: 8.99 km/h

Running performance: 6:27 min/km

Rank in course/Total: 304 (of 380)

Rank in course/Women: 28 (of 86)

Best time in course: 1:41:23

Rank in category: 4(of 8)

Best time in the category: 1:41:23

Intermediate times

Stage score

Total ranking

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