



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Mittig, Maren

Club: Eckernförder MTV

Number: 359

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:31:32

Speed: 8.71 km/h

Running performance: 6:40 min/km

Rank in course/Total: 323 (of 380)

Rank in course/Women: 32 (of 86)

Best time in course: 1:41:23

Rank in category: 10(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:01	5:32	11	2:00	39	3:11	3.25	18:01	5:32	11	2:00	39	3:11
Lap 2	3.25	19:48	6:05	17	3:06	57	7:00	6.50	37:49	5:49	15	4:52	51	10:01
Lap 3	3.25	21:00	6:27	19	3:48	65	6:32	9.75	58:49	6:01	17	8:36	55	16:33
Lap 4	3.25	22:34	6:56	21	5:04	71	7:55	13.00	1:21:23	6:15	19	13:40	63	24:28
Lap 5	3.25	22:12	6:49	19	4:38	63	7:27	16.25	1:43:35	6:22	19	18:04	63	31:55
Lap 6	3.25	24:11	7:26	21	6:33	67	9:18	19.50	2:07:46	6:33	19	24:37	61	41:13
Last lap Finish	3.25	23:46	7:18	21	6:53	63	8:56	22.75	2:31:32	6:39	19	31:16	63	50:09