



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Balzereit, Anke

Club: Berlin
Number: 223

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:32:00

Speed: 8.68 km/h
Running performance: 6:41 min/km

Rank in course/Total: 325 (of 380)

Rank in course/Women: 33 (of 86)

Best time in course: 1:41:23

Rank in category: 11(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	19:36	6:01	23	3:35	69	4:46	3.25	19:36	6:01	23	3:35	69	4:46
Lap 2	3.25	20:32	6:19	23	3:50	69	7:44	6.50	40:08	6:10	23	7:11	73	12:20
Lap 3	3.25	21:15	6:32	21	4:03	67	6:47	9.75	1:01:23	6:17	23	11:10	71	19:07
Lap 4	3.25	21:38	6:39	19	4:08	63	6:59	13.00	1:23:01	6:23	21	15:18	65	26:06
Lap 5	3.25	22:15	6:50	21	4:41	65	7:30	16.25	1:45:16	6:28	21	19:45	67	33:36
Lap 6	3.25	23:11	7:08	19	5:33	61	8:18	19.50	2:08:27	6:35	21	25:18	65	41:54
Last lap Finish	3.25	23:33	7:14	19	6:40	61	8:43	22.75	2:32:00	6:40	21	31:44	65	50:37