



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Koch, Heike

Club: Schlimmer geht immer MGN

Number: 214

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:36:48

Speed: 8.42 km/h

Running performance: 6:53 min/km

Rank in course/Total: 337 (of 380)

Rank in course/Women: 34 (of 86)

Best time in course: 1:41:23

Rank in category: 6(of 14)

Best time in the category: 1:48:57

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	19:04	5:51	11	3:36	55	4:14	3.25	19:04	5:51	11	3:36	55	4:14
Lap 2	3.25	20:50	6:24	11	5:37	71	8:02	6.50	39:54	6:08	11	9:13	71	12:06
Lap 3	3.25	22:22	6:52	13	7:16	77	7:54	9.75	1:02:16	6:23	11	16:29	73	20:00
Lap 4	3.25	22:12	6:49	11	6:45	67	7:33	13.00	1:24:28	6:29	11	23:14	69	27:33
Lap 5	3.25	22:44	6:59	11	7:12	69	7:59	16.25	1:47:12	6:35	11	30:26	69	35:32
Lap 6	3.25	24:27	7:31	11	8:29	69	9:34	19.50	2:11:39	6:45	11	38:55	67	45:06
Last lap Finish	3.25	25:09	7:44	11	9:22	69	10:19	22.75	2:36:48	6:53	11	47:51	67	55:25