



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Härtel, Sonja

Club: TLV-LT Eichenzell

Number: 391

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:49:32

Speed: 7.79 km/h

Running performance: 7:27 min/km

Rank in course/Total: 347 (of 380)

Rank in course/Women: 37 (of 86)

Best time in course: 1:41:23

Rank in category: 12(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	21:58	6:45	25	5:57	81	7:08	3.25	21:58	6:45	25	5:57	81	7:08
Lap 2	3.25	22:17	6:51	25	5:35	79	9:29	6.50	44:15	6:48	25	11:18	79	16:27
Lap 3	3.25	23:34	7:15	25	6:22	81	9:06	9.75	1:07:49	6:57	25	17:36	81	25:33
Lap 4	3.25	24:44	7:36	23	7:14	77	10:05	13.00	1:32:33	7:07	23	24:50	77	35:38
Lap 5	3.25	25:38	7:53	23	8:04	75	10:53	16.25	1:58:11	7:16	23	32:40	77	46:31
Lap 6	3.25	26:08	8:02	23	8:30	73	11:15	19.50	2:24:19	7:24	23	41:10	73	57:46
Last lap Finish	3.25	25:13	7:45	23	8:20	71	10:23	22.75	2:49:32	7:27	23	49:16	73	1:08:09