



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hoffmann, Sonja

Club: FC Deutsche Post

Number: 250

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 3:10:05

Speed: 6.94 km/h

Running performance: 8:22 min/km

Rank in course/Total: 355 (of 380)

Rank in course/Women: 38 (of 86)

Best time in course: 1:41:23

Rank in category: 2(of 4)

Best time in the category: 2:41:35

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	23:24	7:11	3	2:17	83	8:34	3.25	23:24	7:11	3	2:17	83	8:34
Lap 2	3.25	25:32	7:51	3	2:24	83	12:44	6.50	48:56	7:31	3	4:41	83	21:08
Lap 3	3.25	27:43	8:31	3	4:10	85	13:15	9.75	1:16:39	7:51	3	8:51	85	34:23
Lap 4	3.25	27:34	8:28	3	4:20	79	12:55	13.00	1:44:13	8:01	3	13:11	79	47:18
Lap 5	3.25	28:09	8:39	3	5:29	79	13:24	16.25	2:12:22	8:08	3	18:40	79	1:00:42
Lap 6	3.25	28:47	8:51	3	5:15	75	13:54	19.50	2:41:09	8:15	3	23:55	75	1:14:36
Last lap Finish	3.25	28:56	8:54	3	4:35	75	14:06	22.75	3:10:05	8:21	3	28:30	75	1:28:42