



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Warweg, Sandra

Club: PFC Ilmenau

Number: 153

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 3:35:32

Speed: 11.69 km/h

Running performance: 5:06 min/km

Rank in course/Total: 35 (of 250)

Rank in course/Women: 1 (of 38)

Best time in course: 3:35:32

Rank in category: 1(of 6)

Best time in the category: 3:35:32

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	15:33	4:47	1	-	1	-	3.25	15:33	4:47	1	-	1	-
Lap 2	3.25	15:06	4:38	1	-	1	-	6.50	30:39	4:42	1	-	1	-
Lap 3	3.25	15:01	4:37	1	-	1	-	9.75	45:40	4:41	1	-	1	-
Lap 4	3.25	15:20	4:43	1	-	1	-	13.00	1:01:00	4:41	1	-	1	-
Lap 5	3.25	16:05	4:56	1	-	1	-	16.25	1:17:05	4:44	1	-	1	-
Lap 6	3.25	16:30	5:04	1	-	1	-	19.50	1:33:35	4:47	1	-	1	-
Lap 7	3.25	15:43	4:50	1	-	1	-	22.75	1:49:18	4:48	1	-	1	-
Lap 8	3.25	16:33	5:05	1	-	1	-	26.00	2:05:51	4:50	1	-	1	-
Lap 9	3.25	17:32	5:23	1	-	1	-	29.25	2:23:23	4:54	1	-	1	-
Lap 10	3.25	17:39	5:25	1	-	1	-	32.50	2:41:02	4:57	1	-	1	-
Lap 11	3.25	18:35	5:43	1	-	5	0:46	35.75	2:59:37	5:01	1	-	1	-
Lap 12	3.25	19:18	5:56	1	-	7	1:40	39.00	3:18:55	5:06	1	-	1	-
Last lap Finish	3.25	16:37	5:06	1	-	1	-	42.25	3:35:32	5:06	1	-	1	-