



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Seidel, Claudia

Club: Rheinsberg

Number: 168

Course: 42.25 km

Marathon

Category:

Frauen (20-29 Jahre)

Total time: 3:43:50

Speed: 11.26 km/h

Running performance: 5:18 min/km

Rank in course/Total: 55 (of 250)

Rank in course/Women: 2 (of 38)

Best time in course: 3:35:32

Rank in category: 1(of 2)

Best time in the category: 3:43:50

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	17:32	5:23	1	-	9	1:59	3.25	17:32	5:23	1	-	9	1:59
Lap 2	3.25	16:53	5:11	1	-	5	1:47	6.50	34:25	5:17	1	-	5	3:46
Lap 3	3.25	16:54	5:11	1	-	3	1:53	9.75	51:19	5:15	1	-	5	5:39
Lap 4	3.25	16:49	5:10	1	-	3	1:29	13.00	1:08:08	5:14	1	-	5	7:08
Lap 5	3.25	16:49	5:10	1	-	3	0:44	16.25	1:24:57	5:13	1	-	5	7:52
Lap 6	3.25	16:55	5:12	1	-	3	0:25	19.50	1:41:52	5:13	1	-	5	8:17
Lap 7	3.25	17:04	5:15	1	-	3	1:21	22.75	1:58:56	5:13	1	-	3	9:38
Lap 8	3.25	17:05	5:15	1	-	3	0:32	26.00	2:16:01	5:13	1	-	3	10:10
Lap 9	3.25	17:44	5:27	1	-	5	0:12	29.25	2:33:45	5:15	1	-	3	10:22
Lap 10	3.25	17:44	5:27	1	-	3	0:05	32.50	2:51:29	5:16	1	-	3	10:27
Lap 11	3.25	17:49	5:28	1	-	1	-	35.75	3:09:18	5:17	1	-	3	9:41
Lap 12	3.25	17:38	5:25	1	-	1	-	39.00	3:26:56	5:18	1	-	3	8:01
Last lap Finish	3.25	16:54	5:11	1	-	3	0:17	42.25	3:43:50	5:17	1	-	3	8:18