



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Stirmann, Erika

Club: Lt Hemsbach

Number: 106

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:25:18

Speed: 9.50 km/h

Running performance: 6:17 min/km

Rank in course/Total: 184 (of 250)

Rank in course/Women: 8 (of 38)

Best time in course: 3:35:32

Rank in category: 3(of 14)

Best time in the category: 3:47:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Pos	Cat.	Women	km	Time	min/km	Cat.	Cat.	Women	Women			
Lap 1	3.25	17:52	5:29	3	13	1:19	2:19	3.25	17:52	5:29	3	13	1:19	2:19	3	13	2:19
Lap 2	3.25	17:56	5:31	5	13	1:18	2:50	6.50	35:48	5:30	3	13	2:37	5:09	3	13	5:09
Lap 3	3.25	18:32	5:42	5	17	1:26	3:31	9.75	54:20	5:34	5	15	4:03	8:40	5	15	8:40
Lap 4	3.25	19:10	5:53	5	17	1:57	3:50	13.00	1:13:30	5:39	5	17	6:00	12:30	5	17	12:30
Lap 5	3.25	20:30	6:18	9	25	3:36	4:25	16.25	1:34:00	5:47	5	17	9:36	16:55	5	17	16:55
Lap 6	3.25	19:40	6:03	5	17	2:25	3:10	19.50	1:53:40	5:49	5	17	12:01	20:05	5	17	20:05
Lap 7	3.25	20:29	6:18	5	15	3:12	4:46	22.75	2:14:09	5:53	5	17	15:13	24:51	5	17	24:51
Lap 8	3.25	21:20	6:33	7	21	4:06	4:47	26.00	2:35:29	5:58	5	17	19:19	29:38	5	17	29:38
Lap 9	3.25	21:54	6:44	7	23	4:12	4:22	29.25	2:57:23	6:03	5	17	23:31	34:00	5	17	34:00
Lap 10	3.25	20:47	6:23	5	15	2:21	3:08	32.50	3:18:10	6:05	5	15	25:52	37:08	5	15	37:08
Lap 11	3.25	21:55	6:44	5	15	3:58	4:06	35.75	3:40:05	6:09	5	15	29:50	40:28	5	15	40:28
Lap 12	3.25	23:06	7:06	9	23	4:15	5:28	39.00	4:03:11	6:14	5	15	34:05	44:16	5	15	44:16
Last lap Finish	3.25	22:07	6:48	7	21	4:07	5:30	42.25	4:25:18	6:16	5	15	38:12	49:46	5	15	49:46