



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Panzer, Alexandra

Club: TriRockets

Number: 152

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:27:41

Speed: 9.41 km/h

Running performance: 6:20 min/km

Rank in course/Total: 193 (of 250)

Rank in course/Women: 10 (of 38)

Best time in course: 3:35:32

Rank in category: 2(of 6)

Best time in the category: 3:35:32

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	17:15	5:18	3	1:42	7	1:42	3.25	17:15	5:18	3	1:42	7	1:42
Lap 2	3.25	17:55	5:30	3	2:49	9	2:49	6.50	35:10	5:24	3	4:31	9	4:31
Lap 3	3.25	18:21	5:38	3	3:20	13	3:20	9.75	53:31	5:29	3	7:51	9	7:51
Lap 4	3.25	19:13	5:54	3	3:53	19	3:53	13.00	1:12:44	5:35	3	11:44	13	11:44
Lap 5	3.25	19:22	5:57	3	3:17	17	3:17	16.25	1:32:06	5:40	3	15:01	15	15:01
Lap 6	3.25	20:02	6:09	3	3:32	19	3:32	19.50	1:52:08	5:45	3	18:33	15	18:33
Lap 7	3.25	20:44	6:22	3	5:01	19	5:01	22.75	2:12:52	5:50	3	23:34	15	23:34
Lap 8	3.25	21:14	6:31	3	4:41	19	4:41	26.00	2:34:06	5:55	3	28:15	15	28:15
Lap 9	3.25	21:53	6:44	3	4:21	21	4:21	29.25	2:55:59	6:00	3	32:36	15	32:36
Lap 10	3.25	22:59	7:04	5	5:20	25	5:20	32.50	3:18:58	6:07	3	37:56	17	37:56
Lap 11	3.25	24:42	7:35	5	6:07	33	6:53	35.75	3:43:40	6:15	3	44:03	21	44:03
Lap 12	3.25	23:36	7:15	5	4:18	31	5:58	39.00	4:07:16	6:20	3	48:21	21	48:21
Last lap Finish	3.25	20:25	6:16	3	3:48	11	3:48	42.25	4:27:41	6:20	3	52:09	19	52:09