



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Bienicke, Beate

Club: Giessen

Number: 172

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:35:43

Speed: 9.14 km/h

Running performance: 6:32 min/km

Rank in course/Total: 207 (of 250)

Rank in course/Women: 12 (of 38)

Best time in course: 3:35:32

Rank in category: 3(of 10)

Best time in the category: 3:58:36

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	18:42	5:45	5	0:53	23	3:09	3.25	18:42	5:45	5	0:53	23	3:09
Lap 2	3.25	19:25	5:58	7	1:29	25	4:19	6.50	38:07	5:51	7	2:22	25	7:28
Lap 3	3.25	19:14	5:55	5	1:20	21	4:13	9.75	57:21	5:52	7	3:12	25	11:41
Lap 4	3.25	19:48	6:05	5	2:09	23	4:28	13.00	1:17:09	5:56	7	4:31	25	16:09
Lap 5	3.25	20:25	6:16	5	3:16	23	4:20	16.25	1:37:34	6:00	7	7:17	25	20:29
Lap 6	3.25	20:53	6:25	5	3:26	25	4:23	19.50	1:58:27	6:04	5	10:43	23	24:52
Lap 7	3.25	21:34	6:38	5	3:47	27	5:51	22.75	2:20:01	6:09	5	14:30	25	30:43
Lap 8	3.25	21:37	6:39	7	3:47	27	5:04	26.00	2:41:38	6:13	5	18:17	25	35:47
Lap 9	3.25	22:07	6:48	7	3:56	25	4:35	29.25	3:03:45	6:16	5	22:13	23	40:22
Lap 10	3.25	23:05	7:06	7	4:11	27	5:26	32.50	3:26:50	6:21	5	26:24	23	45:48
Lap 11	3.25	23:28	7:13	7	4:14	27	5:39	35.75	3:50:18	6:26	5	30:38	23	50:41
Lap 12	3.25	22:38	6:57	7	3:41	19	5:00	39.00	4:12:56	6:29	7	33:33	25	54:01
Last lap Finish	3.25	22:47	7:00	5	4:22	27	6:10	42.25	4:35:43	6:31	5	37:07	23	1:00:11