



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Sax, Almuth

Club: TV Urbar

Number: 156

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:42:21

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 223 (of 250)

Rank in course/Women: 16 (of 38)

Best time in course: 3:35:32

Rank in category: 5(of 10)

Best time in the category: 3:58:36

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	18:40	5:44	3	0:51	17	3:07	3.25	18:40	5:44	3	0:51	17	3:07
Lap 2	3.25	18:50	5:47	5	0:54	19	3:44	6.50	37:30	5:46	3	1:45	17	6:51
Lap 3	3.25	19:14	5:55	5	1:20	21	4:13	9.75	56:44	5:49	5	2:35	21	11:04
Lap 4	3.25	20:01	6:09	7	2:22	27	4:41	13.00	1:16:45	5:54	5	4:07	23	15:45
Lap 5	3.25	20:31	6:18	7	3:22	27	4:26	16.25	1:37:16	5:59	5	6:59	23	20:11
Lap 6	3.25	21:34	6:38	7	4:07	27	5:04	19.50	1:58:50	6:05	7	11:06	27	25:15
Lap 7	3.25	22:10	6:49	7	4:23	29	6:27	22.75	2:21:00	6:11	7	15:29	27	31:42
Lap 8	3.25	22:34	6:56	9	4:44	29	6:01	26.00	2:43:34	6:17	7	20:13	27	37:43
Lap 9	3.25	23:09	7:07	9	4:58	31	5:37	29.25	3:06:43	6:23	7	25:11	27	43:20
Lap 10	3.25	23:54	7:21	9	5:00	33	6:15	32.50	3:30:37	6:28	9	30:11	29	49:35
Lap 11	3.25	24:16	7:28	9	5:02	31	6:27	35.75	3:54:53	6:34	9	35:13	31	55:16
Lap 12	3.25	24:15	7:27	9	5:18	33	6:37	39.00	4:19:08	6:38	9	39:45	31	1:00:13
Last lap Finish	3.25	23:13	7:08	9	4:48	31	6:36	42.25	4:42:21	6:40	9	43:45	31	1:06:49