



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

ESCHE, Sonja

Club: LSV Lok Arnstadt

Number: 420

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 51:18

Speed: 10.53 km/h

Running performance: 5:16 min/km

Rank in course/Total: 108 (of 207)

Rank in course/Women: 8 (of 51)

Best time in course: 44:56

Rank in category: 3(of 10)

Best time in the category: 46:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.25	15:58	4:54	3	0:44	7	0:50	3.25	15:58	4:54	3	0:44	33		
Lap 2	3.25	17:57	5:31	4	2:24	15	2:59	6.50	33:55	5:13	3	3:08	33		
Last lap Finish	3.25	17:23	5:20	3	1:52	10	2:33	9.75	51:18	5:15	3	5:00	9	21:34	