



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**BRÜSOW, Simone**

Club: Lauffreunde Penkun

Number: 417

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 53:34

Speed: 10.08 km/h

Running performance: 5:29 min/km

Rank in course/Total: 128 (of 207)

Rank in course/Women: 17 (of 51)

Best time in course: 44:56

Rank in category: 5(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	16:57	5:12	4	1:43	12	1:49	3.25	16:57	5:12	5	1:43	42		
Lap 2	3.25	18:17	5:37	5	2:44	17	3:19	6.50	35:14	5:25	5	4:27	42		
Last lap Finish	3.25	18:20	5:38	6	2:49	21	3:30	9.75	53:34	5:29	5	7:16	18	23:50	