



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HOLTKAMP, Ulrike

Club: TV Eiche 02 Bad Honnef

Number: 410

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 53:41

Speed: 10.06 km/h

Running performance: 5:31 min/km

Rank in course/Total: 131 (of 207)

Rank in course/Women: 18 (of 51)

Best time in course: 44:56

Rank in category: 2(of 4)

Best time in the category: 51:22

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	17:16	5:18	2	0:04	18	2:08	3.25	17:16	5:18	2	0:04	43	
Lap 2	3.25	18:13	5:36	2	1:14	16	3:15	6.50	35:29	5:27	2	1:18	43	
Last lap Finish	3.25	18:12	5:35	2	1:01	19	3:22	9.75	53:41	5:30	2	2:19	19	23:57