



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

BLUM, Katrin

Club: Goldbeck

Number: 390

Course: 9.75 km

10 km Lauf

Category:

Frauen W30

Total time: 55:47

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 149 (of 207)

Rank in course/Women: 25 (of 51)

Best time in course: 44:56

Rank in category: 3(of 7)

Best time in the category: 51:55

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
Lap 1	3.25	17:44	5:27	3	1:13	21	2:36	3.25	17:44	5:27	3	1:13	50
Lap 2	3.25	19:05	5:52	3	1:40	26	4:07	6.50	36:49	5:39	3	2:47	50
Last lap Finish	3.25	18:58	5:50	4	1:18	29	4:08	9.75	55:47	5:43	3	3:52	26 26:03