



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STEINWENDTNER, Tirza

Club: Burgsinn

Number: 380

Course: 9.75 km

10 km Lauf

Category:

Frauen W20

Total time: 57:38

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 164 (of 207)

Rank in course/Women: 31 (of 51)

Best time in course: 44:56

Rank in category: 3(of 6)

Best time in the category: 50:29

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	19:45	6:04	4	3:35	37	4:37	3.25	19:45	6:04	3	3:35	6		
Lap 2	3.25	19:13	5:54	3	2:00	29	4:15	6.50	38:58	5:59	3	5:35	6		
Last lap Finish	3.25	18:40	5:44	3	1:34	25	3:50	9.75	57:38	5:54	3	7:09	32	27:54	