



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

NEUER, Khanitha

Club: Dortmund

Number: 424

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 58:07

Speed: 9.29 km/h

Running performance: 5:58 min/km

Rank in course/Total: 166 (of 207)

Rank in course/Women: 33 (of 51)

Best time in course: 44:56

Rank in category: 10(of 10)

Best time in the category: 46:18

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	Behind Women
Lap 1	3.25	19:44	6:04	10	4:30	36	4:36	3.25	19:44	6:04	10	4:30	8	
Lap 2	3.25	19:19	5:56	9	3:46	31	4:21	6.50	39:03	6:00	10	8:16	8	
Last lap Finish	3.25	19:04	5:51	9	3:33	31	4:14	9.75	58:07	5:57	10	11:49	34	28:23