



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

PAULISCHKIES, Friederike

Club: Bochum

Number: 412

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 59:02

Speed: 9.15 km/h

Running performance: 6:03 min/km

Rank in course/Total: 172 (of 207)

Rank in course/Women: 35 (of 51)

Best time in course: 44:56

Rank in category: 4(of 4)

Best time in the category: 51:22

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	20:20	6:15	4	3:08	41	5:12	3.25	20:20	6:15	4	3:08	10	0:11
Lap 2	3.25	19:32	6:00	4	2:33	32	4:34	6.50	39:52	6:08	4	5:41	10	
Last lap Finish	3.25	19:10	5:53	4	1:59	32	4:20	9.75	59:02	6:03	4	7:40	36	29:18