



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STEPHAN, Nadja

Club: Köln

Number: 406

Course: 9.75 km

10 km Lauf

Category:

Frauen W35

Total time: 1:00:58

Speed: 9.60 km/h

Running performance: 6:15 min/km

Rank in course/Total: 175 (of 207)

Rank in course/Women: 37 (of 51)

Best time in course: 44:56

Rank in category: 5(of 7)

Best time in the category: 48:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	18:59	5:50	5	3:45	32	3:51	3.25	18:59	5:50	5	3:45	4	
Lap 2	3.25	20:16	6:14	5	3:40	36	5:18	6.50	39:15	6:02	5	7:25	12	
Last lap Finish	3.25	21:43	6:40	5	5:10	40	6:53	9.75	1:00:58	6:15	5	12:00	38	31:14