



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

KOSCHING, Daniela

Club: Hundebox.de

Number: 391

Course: 9.75 km

10 km Lauf

Category:

Frauen W30

Total time: 1:06:32

Speed: 8.79 km/h

Running performance: 6:49 min/km

Rank in course/Total: 188 (of 207)

Rank in course/Women: 43 (of 51)

Best time in course: 44:56

Rank in category: 7(of 7)

Best time in the category: 51:55

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total | | Total ranking | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|--------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | km | Time | min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 3.25 | 21:21 | 6:34 | 7 | 4:50 | 43 | 6:13 | 3.25 | 21:21 | 6:34 | 7 | 4:50 | 18 | 1:12 |
| Lap 2 | 3.25 | 22:28 | 6:54 | 6 | 5:03 | 41 | 7:30 | 6.50 | 43:49 | 6:44 | 7 | 9:47 | 18 | 2:22 |
| Last lap Finish | 3.25 | 22:43 | 6:59 | 7 | 5:03 | 42 | 7:53 | 9.75 | 1:06:32 | 6:49 | 7 | 14:37 | 44 | 36:48 |