



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: 8.12 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	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	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