



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**KRÖGER, Doris**

Club: TV Friesen Telgte

Number: 435

Course: 9.75 km

10 km Lauf

Category:

Frauen W55

Total time: 1:18:16

Speed: 6.90 km/h

Running performance: 8:02 min/km

Rank in course/Total: 203 (of 207)

Rank in course/Women: 49 (of 51)

Best time in course: 44:56

Rank in category: 3(of 4)

Best time in the category: 51:49

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|-----------------|-------------|----------------|---------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | km    | Time    |                 |             |                | Pos<br>Women  | Behind<br>Women |
| Lap 1           | 3.25        | 26:37         | 8:11            | 3           | 9:31           | 49           | 11:29           | 3.25  | 26:37   | 8:11            | 3           | 9:31           | 24            | 6:28            |
| Lap 2           | 3.25        | 25:33         | 7:51            | 3           | 8:10           | 49           | 10:35           | 6.50  | 52:10   | 8:01            | 3           | 17:41          | 24            | 10:43           |
| Last lap Finish | 3.25        | 26:06         | 8:01            | 3           | 8:46           | 49           | 11:16           | 9.75  | 1:18:16 | 8:01            | 4           | 48:32          | 50            | 48:32           |