



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

COOLS, Kerstin

Club: Laufteam Groß Wokern

Number: 418

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 46:18

Speed: 11.66 km/h

Running performance: 4:45 min/km

Rank in course/Total: 58 (of 207)

Rank in course/Women: 2 (of 51)

Best time in course: 44:56

Rank in category: 1(of 10)

Best time in the category: 46:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.25	15:14	4:41	1	-	2	0:06	3.25	15:14	4:41	1	-	27		
Lap 2	3.25	15:33	4:47	1	-	2	0:35	6.50	30:47	4:44	1	-	27		
Last lap Finish	3.25	15:31	4:46	1	-	2	0:41	9.75	46:18	4:44	1	-	3	16:34	