



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

BLOCK, Sonja

Club: Suhl

Number: 413

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 47:07

Speed: 11.46 km/h

Running performance: 4:50 min/km

Rank in course/Total: 69 (of 207)

Rank in course/Women: 3 (of 51)

Best time in course: 44:56

Rank in category: 2(of 10)

Best time in the category: 46:18

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	15:23	4:44	2	0:09	5	0:15	3.25	15:23	4:44	2	0:09	28			
Lap 2	3.25	15:51	4:52	2	0:18	3	0:53	6.50	31:14	4:48	2	0:27	28			
Last lap Finish	3.25	15:53	4:53	2	0:22	3	1:03	9.75	47:07	4:49	2	0:49	4	17:23		