



# 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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |