



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HEß, Simone

Club: W.T.A.Weser

Number: 403

Course: 9.75 km

10 km Lauf

Category:

Frauen W35

Total time: 49:17

Speed: 10.96 km/h

Running performance: 5:03 min/km

Rank in course/Total: 92 (of 207)

Rank in course/Women: 6 (of 51)

Best time in course: 44:56

Rank in category: 2(of 7)

Best time in the category: 48:58

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	15:57	4:54	2	0:43	6	0:49	3.25	15:57	4:54	2	0:43	31		
Lap 2	3.25	16:47	5:09	2	0:11	6	1:49	6.50	32:44	5:02	2	0:54	31		
Last lap Finish	3.25	16:33	5:05	1	-	5	1:43	9.75	49:17	5:03	2	0:19	7	19:33	