



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Schulz, Kerstin

Club: KamsdorferSpassSportler

Number: 339

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 58:41

Speed: 9.20 km/h

Running performance: 6:01 min/km

Rank in course/Total: 102 (of 149)

Rank in course/Women: 22 (of 44)

Best time in course: 47:58

Rank in category: 7(of 7)

Best time in the category: 48:19

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
Lap 1	3.25	18:20	5:38	6	2:51	16	2:56	3.25	18:20	5:38	7	2:51	43
Lap 2	3.25	20:02	6:09	7	3:39	22	3:50	6.50	38:22	5:54	7	6:30	12
Last lap Finish	3.25	20:19	6:15	7	3:52	25	3:57	9.75	58:41	6:01	7	10:22	23 13:38