



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Knapp, Nicole

Club: Troisdorf

Number: 466

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:53

Speed: 8.87 km/h

Running performance: 6:14 min/km

Rank in course/Total: 116 (of 149)

Rank in course/Women: 26 (of 44)

Best time in course: 47:58

Rank in category: 6(of 9)

Best time in the category: 47:58

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	19:58	6:08	5	4:34	28	4:34	3.25	19:58	6:08	6	4:34	4		
Lap 2	3.25	20:24	6:16	6	4:12	23	4:12	6.50	40:22	6:12	6	8:46	5		
Last lap Finish	3.25	20:31	6:18	6	4:09	26	4:09	9.75	1:00:53	6:14	6	12:55	27	15:50	