



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Leistner, Katrin

Club: LG Thalheim

Number: 355

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:01:04

Speed: 8.84 km/h

Running performance: 6:16 min/km

Rank in course/Total: 120 (of 149)

Rank in course/Women: 27 (of 44)

Best time in course: 47:58

Rank in category: 2(of 5)

Best time in the category: 56:42

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	19:52	6:06	2	1:23	25	4:28	3.25	19:52	6:06	2	1:23	3		
Lap 2	3.25	20:26	6:17	2	1:28	24	4:14	6.50	40:18	6:11	2	2:51	4		
Last lap Finish	3.25	20:46	6:23	2	1:31	27	4:24	9.75	1:01:04	6:15	2	4:22	28	16:01	