



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Marx, Nicole

Club: Heringen

Number: 472

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:45

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 122 (of 149)

Rank in course/Women: 28 (of 44)

Best time in course: 47:58

Rank in category: 3(of 5)

Best time in the category: 53:55

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	19:23	5:57	2	1:31	24	3:59	3.25	19:23	5:57	3	1:31	6		
Lap 2	3.25	21:26	6:35	3	3:22	28	5:14	6.50	40:49	6:16	3	4:53	7		
Last lap Finish	3.25	20:56	6:26	3	2:57	28	4:34	9.75	1:01:45	6:19	3	7:50	29	16:42	