



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Braun, Dorothee

Club: KMG Laufgruppe

Number: 342

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:03:49

Speed: 8.46 km/h

Running performance: 6:33 min/km

Rank in course/Total: 125 (of 149)

Rank in course/Women: 29 (of 44)

Best time in course: 47:58

Rank in category: 3(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	19:56	6:08	3	1:27	27	4:32	3.25	19:56	6:08	3	1:27	8		
Lap 2	3.25	21:28	6:36	3	2:30	29	5:16	6.50	41:24	6:22	3	3:57	8		
Last lap Finish	3.25	22:25	6:53	3	3:10	32	6:03	9.75	1:03:49	6:32	3	7:07	30	18:46	