



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Pajonczyk, Alicja

Club: 2 Raben

Number: 304

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:24

Speed: 8.39 km/h

Running performance: 6:37 min/km

Rank in course/Total: 128 (of 149)

Rank in course/Women: 31 (of 44)

Best time in course: 47:58

Rank in category: 8(of 9)

Best time in the category: 47:58

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 3.25 | 20:47 | 6:23 | 7 | 5:23 | 34 | 5:23 | 3.25 | 20:47 | 6:23 | 8 | 5:23 | 10 | 0:44 |
| Lap 2 | 3.25 | 22:03 | 6:47 | 8 | 5:51 | 31 | 5:51 | 6.50 | 42:50 | 6:35 | 8 | 11:14 | 10 | 0:12 |
| Last lap Finish | 3.25 | 21:34 | 6:38 | 8 | 5:12 | 30 | 5:12 | 9.75 | 1:04:24 | 6:36 | 8 | 16:26 | 32 | 19:21 |