



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