



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Winter, Nicole

Club: Eintracht Frankfurt

Number: 320

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:05:20

Speed: 8.27 km/h

Running performance: 6:42 min/km

Rank in course/Total: 130 (of 149)

Rank in course/Women: 32 (of 44)

Best time in course: 47:58

Rank in category: 4(of 6)

Best time in the category: 51:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	20:13	6:13	5	3:47	30	4:49	3.25	20:13	6:13	4	3:47	11	0:10
Lap 2	3.25	22:11	6:49	4	4:41	32	5:59	6.50	42:24	6:31	4	8:28	11	
Last lap Finish	3.25	22:56	7:03	4	5:21	35	6:34	9.75	1:05:20	6:42	4	13:49	33	20:17