



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Elsner, Anne Marie

Club: VfL Wolfsburg

Number: 425

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:07:55

Speed: 7.95 km/h

Running performance: 6:58 min/km

Rank in course/Total: 137 (of 149)

Rank in course/Women: 37 (of 44)

Best time in course: 47:58

Rank in category: 2(of 3)

Best time in the category: 57:29

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	21:31	6:37	2	3:25	36	6:07	3.25	21:31	6:37	2	3:25	15	1:28
Lap 2	3.25	23:08	7:07	2	3:40	37	6:56	6.50	44:39	6:52	2	7:05	15	2:01
Last lap Finish	3.25	23:16	7:09	2	3:21	36	6:54	9.75	1:07:55	6:57	2	10:26	38	22:52