



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Börder, Marion

Club: Halber Hai e.V.

Number: 325

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:22:10

Speed: 6.57 km/h

Running performance: 8:26 min/km

Rank in course/Total: 145 (of 149)

Rank in course/Women: 42 (of 44)

Best time in course: 47:58

Rank in category: 5(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	25:34	7:51	5	7:05	43	10:10	3.25	25:34	7:51	5	7:05	21	5:31
Lap 2	3.25	27:40	8:30	5	8:42	42	11:28	6.50	53:14	8:11	5	15:47	21	10:36
Last lap Finish	3.25	28:56	8:54	5	9:41	43	12:34	9.75	1:22:10	8:25	5	25:28	43	37:07