



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

## Detailed evaluation

**Giese, Annelore**

Club: Post SV Buxtehude

Number: 364

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W75 (75 und älter)

Total time: 1:26:04

Speed: 6.27 km/h

Running performance: 8:50 min/km

Rank in course/Total: 146 (of 149)

Rank in course/Women: 43 (of 44)

Best time in course: 47:58

Rank in category: 1(of 1)

Best time in the category: 1:26:04

## 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	27:10	8:21	1	-	44	11:46	3.25	27:10	8:21	1	-	22	7:07
Lap 2	3.25	29:09	8:58	1	-	43	12:57	6.50	56:19	8:39	1	-	22	13:41
Last lap Finish	3.25	29:45	9:09	1	-	44	13:23	9.75	1:26:04	8:49	1	-	44	41:01