



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kisling, Claudia

Club: FTSV Heckershausen

Number: 324

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 48:19

Speed: 11.18 km/h

Running performance: 4:58 min/km

Rank in course/Total: 37 (of 149)

Rank in course/Women: 2 (of 44)

Best time in course: 47:58

Rank in category: 1(of 7)

Best time in the category: 48:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	3.25	15:29	4:45	1	-	2	0:05	3.25	15:29	4:45	1	-	24				
Lap 2	3.25	16:23	5:02	1	-	2	0:11	6.50	31:52	4:54	1	-	24				
Last lap Finish	3.25	16:27	5:03	1	-	2	0:05	9.75	48:19	4:57	1	-	3	3:16			