



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Wahrenberg, Sabine

Club: Schmalkalden

Number: 373

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 50:34

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 48 (of 149)

Rank in course/Women: 3 (of 44)

Best time in course: 47:58

Rank in category: 2 (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.	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	16:38	5:07	4	1:09	8	1:14	3.25	16:38	5:07	2	1:09	25		
Lap 2	3.25	16:55	5:12	2	0:32	3	0:43	6.50	33:33	5:09	2	1:41	25		
Last lap Finish	3.25	17:01	5:14	2	0:34	3	0:39	9.75	50:34	5:11	2	2:15	4	5:31	