



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Rosenbaum, Diane

Club: SV Braunsbedra

Number: 384

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 51:13

Speed: 10.54 km/h

Running performance: 5:15 min/km

Rank in course/Total: 55 (of 149)

Rank in course/Women: 4 (of 44)

Best time in course: 47:58

Rank in category: 3(of 7)

Best time in the category: 48:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	3.25	16:13	4:59	2	0:44	4	0:49	3.25	16:13	4:59	3	0:44	26
Lap 2	3.25	17:28	5:22	3	1:05	5	1:16	6.50	33:41	5:10	3	1:49	26
Last lap Finish	3.25	17:32	5:23	3	1:05	5	1:10	9.75	51:13	5:15	3	2:54	5 6:10