



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Seeger, Manja

Club: SV Meisel Großmonra

Number: 387

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 51:25

Speed: 10.50 km/h

Running performance: 5:16 min/km

Rank in course/Total: 57 (of 149)

Rank in course/Women: 6 (of 44)

Best time in course: 47:58

Rank in category: 1(of 6)

Best time in the category: 51:25

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	16:11	4:58	1	-	3	0:47	3.25	16:11	4:58	1	-	28
Lap 2	3.25	17:37	5:25	2	0:22	8	1:25	6.50	33:48	5:11	1	-	28
Last lap Finish	3.25	17:37	5:25	2	0:13	8	1:15	9.75	51:25	5:16	2	6:22	7 6:22