



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Debus, Alena

Club: TriaTeamTaunusstein

Number: 410

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 52:49

Speed: 10.22 km/h

Running performance: 5:25 min/km

Rank in course/Total: 66 (of 149)

Rank in course/Women: 9 (of 44)

Best time in course: 47:58

Rank in category: 3(of 6)

Best time in the category: 51:25

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	16:55	5:12	3	0:44	10	1:31	3.25	16:55	5:12	3	0:44	31		
Lap 2	3.25	17:51	5:29	3	0:36	10	1:39	6.50	34:46	5:20	3	0:58	31		
Last lap Finish	3.25	18:03	5:33	3	0:39	11	1:41	9.75	52:49	5:25	4	7:46	10	7:46	