



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Förster, Kerstin

Club: TSV Alperstedt

Number: 412

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 53:25

Speed: 10.11 km/h

Running performance: 5:29 min/km

Rank in course/Total: 67 (of 149)

Rank in course/Women: 10 (of 44)

Best time in course: 47:58

Rank in category: 2(of 9)

Best time in the category: 47:58

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	Behind Women
Lap 1	3.25	16:17	5:00	2	0:53	5	0:53	3.25	16:17	5:00	2	0:53	32	
Lap 2	3.25	17:49	5:28	2	1:37	9	1:37	6.50	34:06	5:14	2	2:30	32	
Last lap Finish	3.25	19:19	5:56	5	2:57	22	2:57	9.75	53:25	5:28	2	5:27	11	8:22