



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Kössel, Sylvia

Club: Thür. Genussläufer

Number: 400

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 54:48

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 78 (of 149)

Rank in course/Women: 13 (of 44)

Best time in course: 47:58

Rank in category: 6(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	18:34	5:42	7	3:05	20	3:10	3.25	18:34	5:42	6	3:05	35		
Lap 2	3.25	18:34	5:42	6	2:11	13	2:22	6.50	37:08	5:42	6	5:16	35		
Last lap Finish	3.25	17:40	5:26	5	1:13	9	1:18	9.75	54:48	5:37	6	6:29	14	9:45	