



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Höntzsch, Susan

Club: Universität Kassel

Number: 420

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 56:13

Speed: 9.61 km/h

Running performance: 5:46 min/km

Rank in course/Total: 87 (of 149)

Rank in course/Women: 15 (of 44)

Best time in course: 47:58

Rank in category: 4(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	18:18	5:37	4	2:07	15	2:54	3.25	18:18	5:37	4	2:07	37
Lap 2	3.25	19:12	5:54	4	1:57	17	3:00	6.50	37:30	5:46	4	3:42	37
Last lap Finish	3.25	18:43	5:45	4	1:19	17	2:21	9.75	56:13	5:45	5	11:10	16 11:10