



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Lahr, Katrin

Club: Die Mannschaft mit der Maus

Number: 315

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 56:47

Speed: 9.51 km/h

Running performance: 5:49 min/km

Rank in course/Total: 94 (of 149)

Rank in course/Women: 18 (of 44)

Best time in course: 47:58

Rank in category: 4(of 9)

Best time in the category: 47:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	3.25	18:47	5:46	4	3:23	21	3:23	3.25	18:47	5:46	4	3:23	40	
Lap 2	3.25	19:19	5:56	4	3:07	18	3:07	6.50	38:06	5:51	4	6:30	40	
Last lap Finish	3.25	18:41	5:44	4	2:19	15	2:19	9.75	56:47	5:49	4	8:49	19	11:44