



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Mensing, Janine

Club: Ilmenau

Number: 470

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 56:52

Speed: 9.50 km/h

Running performance: 5:50 min/km

Rank in course/Total: 96 (of 149)

Rank in course/Women: 19 (of 44)

Best time in course: 47:58

Rank in category: 2 (of 6)

Best time in the category: 51:31

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
Lap 1	3.25	19:07	5:52	3	2:41	23	3:43	3.25	19:07	5:52	2	2:41	41
Lap 2	3.25	19:03	5:51	2	1:33	16	2:51	6.50	38:10	5:52	2	4:14	41
Last lap Finish	3.25	18:42	5:45	2	1:07	16	2:20	9.75	56:52	5:49	2	5:21	20 11:49