



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Ort, Iris

Club: TV 03 Breitenbach

Number: 1123

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 56:31

Speed: 9.55 km/h

Running performance: 5:48 min/km

Rank in course/Total: 97 (of 163)

Rank in course/Women: 18 (of 48)

Best time in course: 40:28

Rank in category: 4(of 9)

Best time in the category: 50:18

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	17:52	5:29	2	1:17	15	4:44	3.25	17:52	5:29	4	1:17	37
Lap 2	3.25	19:02	5:51	4	2:23	18	5:29	6.50	36:54	5:40	4	3:40	41
Last lap Finish	3.25	19:37	6:02	4	2:33	21	5:50	9.75	56:31	5:47	4	6:13	18 16:03