



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Adam, Sabine

Club: team-naunheim.de

Number: 1001

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 58:39

Speed: 9.21 km/h

Running performance: 6:01 min/km

Rank in course/Total: 107 (of 163)

Rank in course/Women: 21 (of 48)

Best time in course: 40:28

Rank in category: 5(of 9)

Best time in the category: 50:18

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	18:33	5:42	4	1:58	18	5:25	3.25	18:33	5:42	2	1:58	38	
Lap 2	3.25	20:14	6:13	5	3:35	24	6:41	6.50	38:47	5:58	5	5:33	44	
Last lap Finish	3.25	19:52	6:06	5	2:48	23	6:05	9.75	58:39	6:00	5	8:21	21	18:11