



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Letsch, Elke

Club: Rottberg Runners

Number: 1096

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 59:15

Speed: 9.11 km/h

Running performance: 6:05 min/km

Rank in course/Total: 114 (of 163)

Rank in course/Women: 22 (of 48)

Best time in course: 40:28

Rank in category: 4(of 12)

Best time in the category: 52:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:55	5:49	4	2:09	20	5:47	3.25	18:55	5:49	4	2:09	45	
Lap 2	3.25	19:42	6:03	4	2:04	22	6:09	6.50	38:37	5:56	4	4:13	42	
Last lap Finish	3.25	20:38	6:20	4	3:04	26	6:51	9.75	59:15	6:04	4	6:47	22	18:47