



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Littwin, Julia

Club: LT Lippehasen

Number: 1097

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 59:58

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 116 (of 163)

Rank in course/Women: 23 (of 48)

Best time in course: 40:28

Rank in category: 6(of 8)

Best time in the category: 40:28

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	20:35	6:19	7	7:27	26	7:27	3.25	20:35	6:19	6	7:27	4	
Lap 2	3.25	19:35	6:01	5	6:02	20	6:02	6.50	40:10	6:10	6	13:29	13	
Last lap Finish	3.25	19:48	6:05	6	6:01	22	6:01	9.75	59:58	6:09	6	19:30	23	19:30