



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Marx, Nicole

Club: Heringen

Number: 1105

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:00:33

Speed: 8.92 km/h

Running performance: 6:13 min/km

Rank in course/Total: 117 (of 163)

Rank in course/Women: 24 (of 48)

Best time in course: 40:28

Rank in category: 3(of 4)

Best time in the category: 45:37

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	20:37	6:20	3	5:33	28	7:29	3.25	20:37	6:20	3	5:33	2		
Lap 2	3.25	20:04	6:10	3	4:54	23	6:31	6.50	40:41	6:15	3	10:27	2		
Last lap Finish	3.25	19:52	6:06	3	4:29	23	6:05	9.75	1:00:33	6:12	3	14:56	24	20:05	