



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Reister, Laura

Club: TV Igstadt

Number: 1137

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:02:15

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 124 (of 163)

Rank in course/Women: 26 (of 48)

Best time in course: 40:28

Rank in category: 3(of 6)

Best time in the category: 51:05

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	3	3:46	26	7:27	3.25	20:35	6:19	3	3:46	4		
Lap 2	3.25	21:06	6:29	3	3:50	25	7:33	6.50	41:41	6:24	3	7:36	4		
Last lap Finish	3.25	20:34	6:19	3	3:34	25	6:47	9.75	1:02:15	6:23	3	11:10	26	21:47	