



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Knappl, Claudia

Club: team-naunheim.de

Number: 1080

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:08:48

Speed: 7.85 km/h

Running performance: 7:04 min/km

Rank in course/Total: 143 (of 163)

Rank in course/Women: 35 (of 48)

Best time in course: 40:28

Rank in category: 8(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.	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	20:54	6:25	7	4:08	30	7:46	3.25	20:54	6:25	8	4:08	1	-
Lap 2	3.25	23:54	7:21	8	6:16	38	10:21	6.50	44:48	6:53	8	10:24	1	-
Last lap Finish	3.25	24:00	7:23	8	6:26	38	10:13	9.75	1:08:48	7:03	8	16:20	35	28:20