



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Pfab, Heidi

Club: Team Halber Hai e.V.

Number: 1129

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W70 (70-74 Jahre)

Total time: 1:11:10

Speed: 7.59 km/h

Running performance: 7:18 min/km

Rank in course/Total: 151 (of 163)

Rank in course/Women: 40 (of 48)

Best time in course: 40:28

Rank in category: 1(of 1)

Best time in the category: 1:11:10

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	23:05	7:06	1	-	40	9:57	3.25	23:05	7:06	1	-	18	2:11
Lap 2	3.25	23:52	7:20	1	-	37	10:19	6.50	46:57	7:13	1	-	18	2:09
Last lap Finish	3.25	24:13	7:27	1	-	39	10:26	9.75	1:11:10	7:17	1	-	40	30:42