



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Glagow, Nina

Club: Ratingen

Number: 1049

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:13:30

Speed: 7.35 km/h

Running performance: 7:32 min/km

Rank in course/Total: 152 (of 163)

Rank in course/Women: 41 (of 48)

Best time in course: 40:28

Rank in category: 5(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	23:29	7:13	6	6:40	41	10:21	3.25	23:29	7:13	5	6:40	19	2:35
Lap 2	3.25	24:51	7:38	5	7:35	41	11:18	6.50	48:20	7:26	5	14:15	19	3:32
Last lap Finish	3.25	25:10	7:44	5	8:10	41	11:23	9.75	1:13:30	7:32	5	22:25	41	33:02