



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Kynast, Dagmar

Club: Rennsteigbezwinger

Number: 1092

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:17:16

Speed: 7.57 km/h

Running performance: 7:55 min/km

Rank in course/Total: 156 (of 163)

Rank in course/Women: 44 (of 48)

Best time in course: 40:28

Rank in category: 10(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	25:02	7:42	10	8:16	44	11:54	3.25	25:02	7:42	10	8:16	22	4:08
Lap 2	3.25	26:25	8:07	10	8:47	44	12:52	6.50	51:27	7:54	10	17:03	22	6:39
Last lap Finish	3.25	25:49	7:56	9	8:15	42	12:02	9.75	1:17:16	7:55	10	24:48	44	36:48