



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Pilz-Renn, Heike

Club: Bad Freienwalde

Number: 1132

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:24:09

Speed: 6.95 km/h

Running performance: 8:38 min/km

Rank in course/Total: 157 (of 163)

Rank in course/Women: 45 (of 48)

Best time in course: 40:28

Rank in category: 11(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	26:58	8:17	11	10:12	45	13:50	3.25	26:58	8:17	11	10:12	23	6:04
Lap 2	3.25	29:11	8:58	11	11:33	45	15:38	6.50	56:09	8:38	11	21:45	23	11:21
Last lap Finish	3.25	28:00	8:36	11	10:26	45	14:13	9.75	1:24:09	8:37	11	31:41	45	43:41