



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Kafurke, Simone

Club: TV Schweinheim

Number: 1076

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 45:37

Speed: 11.84 km/h

Running performance: 4:41 min/km

Rank in course/Total: 24 (of 163)

Rank in course/Women: 2 (of 48)

Best time in course: 40:28

Rank in category: 1(of 4)

Best time in the category: 45:37

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	15:04	4:38	1	-	3	1:56	3.25	15:04	4:38	1	-	25		
Lap 2	3.25	15:10	4:39	1	-	2	1:37	6.50	30:14	4:39	1	-	25		
Last lap Finish	3.25	15:23	4:44	1	-	2	1:36	9.75	45:37	4:40	1	-	2	5:09	