



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Pohl, Bianka

Club: Frankfurt

Number: 1133

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 52:21

Speed: 10.32 km/h

Running performance: 5:22 min/km

Rank in course/Total: 64 (of 163)

Rank in course/Women: 8 (of 48)

Best time in course: 40:28

Rank in category: 2(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	16:48	5:10	2	1:44	9	3:40	3.25	16:48	5:10	2	1:44	31		
Lap 2	3.25	17:37	5:25	2	2:27	10	4:04	6.50	34:25	5:17	2	4:11	31		
Last lap Finish	3.25	17:56	5:31	2	2:33	12	4:09	9.75	52:21	5:22	2	6:44	8	11:53	