



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Lachmann, Steffi

Club: Weilar

Number: 1093

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 52:26

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 66 (of 163)

Rank in course/Women: 9 (of 48)

Best time in course: 40:28

Rank in category: 3(of 8)

Best time in the category: 40:28

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	17:41	5:26	4	4:33	14	4:33	3.25	17:41	5:26	3	4:33	32		
Lap 2	3.25	17:42	5:26	3	4:09	12	4:09	6.50	35:23	5:26	3	8:42	32		
Last lap Finish	3.25	17:03	5:14	3	3:16	7	3:16	9.75	52:26	5:22	3	11:58	9	11:58	