



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Kirchner, Manuela

Club: KS-Sportsworld

Number: 1078

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 52:26

Speed: 10.30 km/h

Running performance: 5:23 min/km

Rank in course/Total: 67 (of 163)

Rank in course/Women: 9 (of 48)

Best time in course: 40:28

Rank in category: 2(of 6)

Best time in the category: 51:05

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
Lap 1	3.25	16:49	5:10	1	-	10	3:41	3.25	16:49	5:10	1	-	29
Lap 2	3.25	17:36	5:24	2	0:20	9	4:03	6.50	34:25	5:17	2	0:20	31
Last lap Finish	3.25	18:01	5:32	2	1:01	14	4:14	9.75	52:26	5:22	2	1:21	9 11:58