



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Jäkel, Stephanie

Club: Alfter

Number: 1075

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 54:45

Speed: 9.86 km/h

Running performance: 5:37 min/km

Rank in course/Total: 88 (of 163)

Rank in course/Women: 16 (of 48)

Best time in course: 40:28

Rank in category: 4(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	17:39	5:25	3	4:31	13	4:31	3.25	17:39	5:25	4	4:31	39		
Lap 2	3.25	18:06	5:34	4	4:33	16	4:33	6.50	35:45	5:30	4	9:04	39		
Last lap Finish	3.25	19:00	5:50	4	5:13	17	5:13	9.75	54:45	5:36	4	14:17	16	14:17	