



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Heil, Gerlinde

Club: Poppenhausen

Number: 1063

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 56:15

Speed: 9.60 km/h

Running performance: 5:46 min/km

Rank in course/Total: 95 (of 163)

Rank in course/Women: 17 (of 48)

Best time in course: 40:28

Rank in category: 3(of 9)

Best time in the category: 50:18

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	18:01	5:32	3	1:26	17	4:53	3.25	18:01	5:32	3	1:26	40		
Lap 2	3.25	18:52	5:48	3	2:13	17	5:19	6.50	36:53	5:40	3	3:39	40		
Last lap Finish	3.25	19:22	5:57	3	2:18	20	5:35	9.75	56:15	5:46	3	5:57	17	15:47	