



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hermann, Silvia

Club: SV Birkenhard

Number: 1154

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 56:06

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 217 (of 326)

Rank in course/Women: 13 (of 80)

Best time in course: 38:41

Rank in category: 1(of 6)

Best time in the category: 56:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	17:45	5:27	1	-	23	5:28	3.25	17:45	5:27	1	-	23	5:28
Lap 2	3.25	19:05	5:52	1	-	25	5:53	6.50	36:50	5:40	1	-	21	11:21
Last lap Finish	3.25	19:16	5:55	1	-	29	6:04	9.75	56:06	5:45	1	-	25	17:25