



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Holtkamp, Ulrike

Club: LV Bad Honnef

Number: 1148

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 56:20

Speed: 9.59 km/h

Running performance: 5:47 min/km

Rank in course/Total: 219 (of 326)

Rank in course/Women: 14 (of 80)

Best time in course: 38:41

Rank in category: 2(of 12)

Best time in the category: 54:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	17:46	5:28	1	-	25	5:29	3.25	17:46	5:28	1	-	25	5:29
Lap 2	3.25	19:11	5:54	3	0:28	27	5:59	6.50	36:57	5:41	1	-	23	11:28
Last lap Finish	3.25	19:23	5:57	3	1:50	31	6:11	9.75	56:20	5:46	3	1:23	27	17:39