



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Sebastian, Anja

Club: Schweinfurt

Number: 1144

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 57:30

Speed: 9.39 km/h

Running performance: 5:54 min/km

Rank in course/Total: 237 (of 326)

Rank in course/Women: 20 (of 80)

Best time in course: 38:41

Rank in category: 3(of 10)

Best time in the category: 49:28

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	18:18	5:37	5	2:57	33	6:01	3.25	18:18	5:37	5	2:57	33	6:01
Lap 2	3.25	19:20	5:56	5	2:23	29	6:08	6.50	37:38	5:47	5	5:20	33	12:09
Last lap Finish	3.25	19:52	6:06	5	2:42	43	6:40	9.75	57:30	5:53	5	8:02	39	18:49