



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Frin, Alexandra

Club: DJK Brakel

Number: 1149

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:47

Speed: 8.74 km/h

Running performance: 6:20 min/km

Rank in course/Total: 275 (of 326)

Rank in course/Women: 26 (of 80)

Best time in course: 38:41

Rank in category: 4(of 12)

Best time in the category: 54:57

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	19:46	6:04	7	2:00	57	7:29	3.25	19:46	6:04	7	2:00	57	7:29
Lap 2	3.25	21:14	6:31	7	2:31	53	8:02	6.50	41:00	6:18	7	4:03	55	15:31
Last lap Finish	3.25	20:47	6:23	7	3:14	47	7:35	9.75	1:01:47	6:20	7	6:50	51	23:06