



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Heyen, Elke

Club: Waddenzeebären Esens

Number: 1142

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:03:02

Speed: 8.57 km/h

Running performance: 6:28 min/km

Rank in course/Total: 283 (of 326)

Rank in course/Women: 29 (of 80)

Best time in course: 38:41

Rank in category: 4(of 10)

Best time in the category: 49:28

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	20:07	6:11	9	4:46	61	7:50	3.25	20:07	6:11	9	4:46	61	7:50
Lap 2	3.25	21:24	6:35	7	4:27	55	8:12	6.50	41:31	6:23	7	9:13	59	16:02
Last lap Finish	3.25	21:31	6:37	7	4:21	55	8:19	9.75	1:03:02	6:27	7	13:34	57	24:21