



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Söder, Kerstin

Club: Die Rembrandts

Number: 1158

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:03:59

Speed: 8.44 km/h

Running performance: 6:34 min/km

Rank in course/Total: 291 (of 326)

Rank in course/Women: 30 (of 80)

Best time in course: 38:41

Rank in category: 3(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.	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	19:38	6:02	5	1:53	53	7:21	3.25	19:38	6:02	5	1:53	53	7:21
Lap 2	3.25	21:45	6:41	5	2:40	61	8:33	6.50	41:23	6:21	5	4:33	57	15:54
Last lap Finish	3.25	22:36	6:57	5	3:20	65	9:24	9.75	1:03:59	6:33	5	7:53	59	25:18