



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Laube, Karin

Club: Volkssport

Number: 1151

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:38

Speed: 7.98 km/h

Running performance: 6:56 min/km

Rank in course/Total: 309 (of 326)

Rank in course/Women: 34 (of 80)

Best time in course: 38:41

Rank in category: 6(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	20:59	6:27	9	3:13	67	8:42	3.25	20:59	6:27	9	3:13	67	8:42
Lap 2	3.25	23:07	7:06	11	4:24	71	9:55	6.50	44:06	6:47	11	7:09	71	18:37
Last lap Finish	3.25	23:32	7:14	11	5:59	69	10:20	9.75	1:07:38	6:56	11	12:41	67	28:57