



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Gruenheid, Bianca

Club: Nentershausen-Süss

Number: 1140

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:10:56

Speed: 7.61 km/h

Running performance: 7:17 min/km

Rank in course/Total: 321 (of 326)

Rank in course/Women: 39 (of 80)

Best time in course: 38:41

Rank in category: 11(of 22)

Best time in the category: 38:41

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	21:15	6:32	21	8:58	71	8:58	3.25	21:15	6:32	21	8:58	71	8:58
Lap 2	3.25	26:08	8:02	21	12:56	77	12:56	6.50	47:23	7:17	21	21:54	77	21:54
Last lap Finish	3.25	23:33	7:14	19	10:21	71	10:21	9.75	1:10:56	7:16	21	32:15	77	32:15