



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Wolf, Elke

Club: SCC Scharmede

Number: 1138

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 43:13

Speed: 12.50 km/h

Running performance: 4:26 min/km

Rank in course/Total: 47 (of 326)

Rank in course/Women: 2 (of 80)

Best time in course: 38:41

Rank in category: 2(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	13:40	4:12	3	1:23	3	1:23	3.25	13:40	4:12	3	1:23	3	1:23
Lap 2	3.25	14:38	4:30	3	1:26	3	1:26	6.50	28:18	4:21	3	2:49	3	2:49
Last lap Finish	3.25	14:55	4:35	3	1:43	3	1:43	9.75	43:13	4:25	3	4:32	3	4:32