



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Proehl, Alex

Club: alexs little running club

Number: 1127

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 46:38

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 93 (of 326)

Rank in course/Women: 3 (of 80)

Best time in course: 38:41

Rank in category: 1(of 18)

Best time in the category: 46:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	15:07	4:39	3	0:38	9	2:50	3.25	15:07	4:39	3	0:38	9	2:50
Lap 2	3.25	15:53	4:53	1	-	5	2:41	6.50	31:00	4:46	3	0:31	7	5:31
Last lap Finish	3.25	15:38	4:48	1	-	5	2:26	9.75	46:38	4:46	1	-	5	7:57