



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Alter, Tanja

Club: alexs little running club

Number: 1126

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 49:15

Speed: 10.96 km/h

Running performance: 5:03 min/km

Rank in course/Total: 121 (of 326)

Rank in course/Women: 5 (of 80)

Best time in course: 38:41

Rank in category: 3(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.	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	15:51	4:52	5	1:22	13	3:34	3.25	15:51	4:52	5	1:22	13	3:34
Lap 2	3.25	17:04	5:15	5	1:11	11	3:52	6.50	32:55	5:03	5	2:26	13	7:26
Last lap Finish	3.25	16:20	5:01	3	0:42	7	3:08	9.75	49:15	5:03	5	2:37	9	10:34