



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Hinz, Hafida

Club: Garbsen

Number: 1147

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 54:41

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 201 (of 326)

Rank in course/Women: 11 (of 80)

Best time in course: 38:41

Rank in category: 2(of 10)

Best time in the category: 49:28

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	18:16	5:37	3	2:55	31	5:59	3.25	18:16	5:37	3	2:55	31	5:59
Lap 2	3.25	18:41	5:44	3	1:44	19	5:29	6.50	36:57	5:41	3	4:39	23	11:28
Last lap Finish	3.25	17:44	5:27	3	0:34	19	4:32	9.75	54:41	5:36	3	5:13	21	16:00