



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Pavla, Vavrova

Club: AK Litvinov

Number: 184

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 52:12

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 102 (of 150)

Rank in course/Women: 7 (of 22)

Best time in course: 40:02

Rank in category: 3(of 7)

Best time in the category: 40:02

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	17:20	5:19	3	4:57	10	4:57	3.25	17:20	5:19	3	4:57	17		
Lap 2	3.25	17:41	5:26	3	4:03	6	4:03	6.50	35:01	5:23	3	9:00	17		
Last lap Finish	3.25	17:11	5:17	3	3:10	6	3:10	9.75	52:12	5:21	3	12:10	7	12:10	