



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Steimann, Kirsten

Club: VfL Sindelfingen

Number: 178

Course: 9.75 km

10 km Lauf

Category:

Frauen W30

Total time: 54:17

Speed: 9.95 km/h

Running performance: 5:34 min/km

Rank in course/Total: 114 (of 150)

Rank in course/Women: 8 (of 22)

Best time in course: 40:02

Rank in category: 1(of 1)

Best time in the category: 54:17

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	17:13	5:17	1	-	7	4:50	3.25	17:13	5:17	1	-	16	
Lap 2	3.25	18:47	5:46	1	-	8	5:09	6.50	36:00	5:32	1	-	16	
Last lap Finish	3.25	18:17	5:37	1	-	9	4:16	9.75	54:17	5:34	1	-	8	14:15