



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Jahn, Elke

Club: Immelborn

Number: 192

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 55:14

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 116 (of 150)

Rank in course/Women: 9 (of 22)

Best time in course: 40:02

Rank in category: 3(of 8)

Best time in the category: 46:58

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	17:17	5:19	3	2:45	8	4:54	3.25	17:17	5:19	3	2:45	15		
Lap 2	3.25	18:59	5:50	3	3:01	9	5:21	6.50	36:16	5:34	3	5:46	15		
Last lap Finish	3.25	18:58	5:50	5	2:30	11	4:57	9.75	55:14	5:39	3	8:16	9	15:12	