



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Findeisen, Barabara

Club: Hildburghausen

Number: 191

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 55:25

Speed: 9.74 km/h

Running performance: 5:41 min/km

Rank in course/Total: 120 (of 150)

Rank in course/Women: 11 (of 22)

Best time in course: 40:02

Rank in category: 5(of 8)

Best time in the category: 46:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:21	5:38	5	3:49	15	5:58	3.25	18:21	5:38	5	3:49	13	0:01
Lap 2	3.25	19:00	5:50	4	3:02	10	5:22	6.50	37:21	5:44	5	6:51	13	
Last lap Finish	3.25	18:04	5:33	3	1:36	8	4:03	9.75	55:25	5:41	5	8:27	11	15:23