



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Pfaff, Liane

Club: Saalfelder LV

Number: 185

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 58:12

Speed: 9.28 km/h

Running performance: 5:58 min/km

Rank in course/Total: 130 (of 150)

Rank in course/Women: 14 (of 22)

Best time in course: 40:02

Rank in category: 5(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	17:48	5:28	5	5:25	12	5:25	3.25	17:48	5:28	5	5:25	10	
Lap 2	3.25	19:53	6:07	6	6:15	15	6:15	6.50	37:41	5:47	5	11:40	10	0:19
Last lap Finish	3.25	20:31	6:18	5	6:30	14	6:30	9.75	58:12	5:58	5	18:10	14	18:10