



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Rohleder, Birgit

Club: Haunetal

Number: 186

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 58:26

Speed: 9.24 km/h

Running performance: 5:59 min/km

Rank in course/Total: 131 (of 150)

Rank in course/Women: 15 (of 22)

Best time in course: 40:02

Rank in category: 6(of 7)

Best time in the category: 40:02

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 | 18:05 | 5:33 | 6 | 5:42 | 13 | 5:42 | 3.25 | 18:05 | 5:33 | 6 | 5:42 | 9 | |
| Lap 2 | 3.25 | 19:46 | 6:04 | 4 | 6:08 | 13 | 6:08 | 6.50 | 37:51 | 5:49 | 6 | 11:50 | 9 | 0:29 |
| Last lap Finish | 3.25 | 20:35 | 6:19 | 6 | 6:34 | 15 | 6:34 | 9.75 | 58:26 | 5:59 | 6 | 18:24 | 15 | 18:24 |