



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