



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

denzer, monika

Number: 189

Course: 9.75 km
10 km Lauf

Category:
Frauen W45

Total time: 1:02:04

Speed: 8.70 km/h

Running performance: 6:22 min/km

Rank in course/Total: 138 (of 150)

Rank in course/Women: 18 (of 22)

Best time in course: 40:02

Rank in category: 6(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	20:28	6:17	6	5:56	19	8:05	3.25	20:28	6:17	6	5:56	6	2:08
Lap 2	3.25	20:39	6:21	6	4:41	18	7:01	6.50	41:07	6:19	6	10:37	6	3:45
Last lap Finish	3.25	20:57	6:26	6	4:29	17	6:56	9.75	1:02:04	6:21	6	15:06	18	22:02