



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Jung, Marisa

Club: Steinbach-Hallenberg

Number: 182

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 1:05:33

Speed: 8.92 km/h

Running performance: 6:43 min/km

Rank in course/Total: 142 (of 150)

Rank in course/Women: 19 (of 22)

Best time in course: 40:02

Rank in category: 7(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	20:42	6:22	7	8:19	20	8:19	3.25	20:42	6:22	7	8:19	5	2:22
Lap 2	3.25	22:09	6:48	7	8:31	19	8:31	6.50	42:51	6:35	7	16:50	5	5:29
Last lap Finish	3.25	22:42	6:59	7	8:41	19	8:41	9.75	1:05:33	6:43	7	25:31	19	25:31