



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Steinke, Gudrun

Club: Saalfelder LV

Number: 198

Course: 9.75 km

10 km Lauf

Category:

Frauen W70

Total time: 1:07:35

Speed: 7.99 km/h

Running performance: 6:56 min/km

Rank in course/Total: 143 (of 150)

Rank in course/Women: 20 (of 22)

Best time in course: 40:02

Rank in category: 1(of 1)

Best time in the category: 1:07:35

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	20:25	6:16	1	-	18	8:02	3.25	20:25	6:16	1	-	4	2:05
Lap 2	3.25	23:06	7:06	1	-	20	9:28	6.50	43:31	6:41	1	-	4	6:09
Last lap Finish	3.25	24:04	7:24	1	-	21	10:03	9.75	1:07:35	6:55	1	-	20	27:33