



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Brückner, Heike

Club: Stadtlengsfeld

Number: 188

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 1:08:42

Speed: 8.52 km/h

Running performance: 7:03 min/km

Rank in course/Total: 145 (of 150)

Rank in course/Women: 21 (of 22)

Best time in course: 40:02

Rank in category: 7(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	21:06	6:29	7	6:34	21	8:43	3.25	21:06	6:29	7	6:34	3	2:46
Lap 2	3.25	23:55	7:21	7	7:57	21	10:17	6.50	45:01	6:55	7	14:31	3	7:39
Last lap Finish	3.25	23:41	7:17	7	7:13	20	9:40	9.75	1:08:42	7:02	7	21:44	21	28:40