



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Tschernig, Bettina

Club: SV 1899 Mühlhausen

Number: 187

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 40:02

Speed: 13.49 km/h

Running performance: 4:07 min/km

Rank in course/Total: 20 (of 150)

Rank in course/Women: 1 (of 22)

Best time in course: 40:02

Rank in category: 1(of 7)

Best time in the category: 40:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.25	12:23	3:48	1	-	1	-	3.25	12:23	3:48	1	-	12		
Lap 2	3.25	13:38	4:11	1	-	1	-	6.50	26:01	4:00	1	-	12		
Last lap Finish	3.25	14:01	4:18	1	-	1	-	9.75	40:02	4:06	1	-	1		-