



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Töpfer, Rita

Club: Laufftreff Breitung

Number: 199

Course: 9.75 km

10 km Lauf

Category:

Frauen W55

Total time: 44:30

Speed: 12.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 43 (of 150)

Rank in course/Women: 2 (of 22)

Best time in course: 40:02

Rank in category: 1(of 1)

Best time in the category: 44:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	3.25	13:38	4:11	1	-	2	1:15	3.25	13:38	4:11	1	-	22				
Lap 2	3.25	15:19	4:42	1	-	2	1:41	6.50	28:57	4:27	1	-	22				
Last lap Finish	3.25	15:33	4:47	1	-	2	1:32	9.75	44:30	4:33	1	-	2	4:28			