



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Töpfer, Rita**

Club: Laufftreff Breitungen

Number: 199

Course: 9.75 km

10 km Lauf

Category:

Frauen W55

Total time: 44:30

Speed: 13.15 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total |       | Total  |     | Total  |     | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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        |                |              |                 |