



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Albrecht, Katrin

Club: Laufftreff Breitungten

Number: 181

Course: 9.75 km

10 km Lauf

Category:

Frauen W40

Total time: 46:28

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 60 (of 150)

Rank in course/Women: 3 (of 22)

Best time in course: 40:02

Rank in category: 2(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 ranking								
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women		
Lap 1	3.25	14:56	4:35	2	2:33	4	2:33	3.25	14:56	4:35	2	2:33	21			
Lap 2	3.25	15:35	4:47	2	1:57	3	1:57	6.50	30:31	4:41	2	4:30	21			
Last lap Finish	3.25	15:57	4:54	2	1:56	3	1:56	9.75	46:28	4:45	2	6:26	3	6:26		