



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Winges, Eva

Club: Saalfeld

Number: 196

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 46:58

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 65 (of 150)

Rank in course/Women: 4 (of 22)

Best time in course: 40:02

Rank in category: 1(of 8)

Best time in the category: 46:58

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
Lap 1	3.25	14:32	4:28	1	-	3	2:09	3.25	14:32	4:28	1	-	20
Lap 2	3.25	15:58	4:54	1	-	4	2:20	6.50	30:30	4:41	1	-	20
Last lap Finish	3.25	16:28	5:03	1	-	4	2:27	9.75	46:58	4:49	1	-	4 6:56