



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 190

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 51:30

Speed: 10.49 km/h

Running performance: 5:17 min/km

Rank in course/Total: 96 (of 150)

Rank in course/Women: 6 (of 22)

Best time in course: 40:02

Rank in category: 2(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	Behind Women		
Lap 1	3.25	16:23	5:02	2	1:51	5	4:00	3.25	16:23	5:02	2	1:51	18			
Lap 2	3.25	17:46	5:28	2	1:48	7	4:08	6.50	34:09	5:15	2	3:39	18			
Last lap Finish	3.25	17:21	5:20	2	0:53	7	3:20	9.75	51:30	5:16	2	4:32	6	11:28		