



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Pense, Heike

Club: Arnstadt

Number: 514

Course: 9.75 km

10 km Lauf

Category:

Frauen W50

Total time: 50:36

Speed: 10.67 km/h

Running performance: 5:11 min/km

Rank in course/Total: 106 (of 224)

Rank in course/Women: 12 (of 58)

Best time in course: 44:26

Rank in category: 1(of 11)

Best time in the category: 50:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	16:46	5:09	1	-	16	2:32	3.25	16:46	5:09	1	-	41	
Lap 2	3.25	16:57	5:12	1	-	12	2:08	6.50	33:43	5:11	1	-	41	
Last lap Finish	3.25	16:53	5:11	1	-	11	1:55	9.75	50:36	5:11	1	-	13	34:50