



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 498

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 52:10

Speed: 10.35 km/h

Running performance: 5:21 min/km

Rank in course/Total: 117 (of 224)

Rank in course/Women: 16 (of 58)

Best time in course: 44:26

Rank in category: 2(of 11)

Best time in the category: 47:00

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	16:25	5:03	2	0:31	13	2:11	3.25	16:25	5:03	2	0:31	45		
Lap 2	3.25	17:40	5:26	2	1:56	18	2:51	6.50	34:05	5:14	2	2:27	45		
Last lap Finish	3.25	18:05	5:33	3	2:43	20	3:07	9.75	52:10	5:21	2	5:10	17	36:24	