



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Cloos, Ilona

Club: Schwalmstadt

Number: 476

Course: 9.75 km

10 km Lauf

Category:

Frauen W30

Total time: 52:58

Speed: 10.20 km/h

Running performance: 5:26 min/km

Rank in course/Total: 126 (of 224)

Rank in course/Women: 18 (of 58)

Best time in course: 44:26

Rank in category: 4(of 10)

Best time in the category: 44:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	3.25	18:01	5:32	7	3:47	27	3:47	3.25	18:01	5:32	4	3:47	47
Lap 2	3.25	17:39	5:25	4	2:50	16	2:50	6.50	35:40	5:29	4	6:22	47
Last lap Finish	3.25	17:18	5:19	4	2:20	16	2:20	9.75	52:58	5:25	4	8:32	19 37:12