



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Schaefer, Claudia

Club: P&G Running Team

Number: 471

Course: 9.75 km

10 km Lauf

Category:

Frauen W30

Total time: 53:16

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 133 (of 224)

Rank in course/Women: 20 (of 58)

Best time in course: 44:26

Rank in category: 6(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	16:47	5:09	5	2:33	17	2:33	3.25	16:47	5:09	6	2:33	49	
Lap 2	3.25	18:22	5:39	5	3:33	21	3:33	6.50	35:09	5:24	6	5:51	49	
Last lap Finish	3.25	18:07	5:34	6	3:09	22	3:09	9.75	53:16	5:27	6	8:50	21	37:30