



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Kössel, Sylvia

Club: Thür. Genussläufer

Number: 500

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 54:00

Speed: 10.00 km/h

Running performance: 5:32 min/km

Rank in course/Total: 142 (of 224)

Rank in course/Women: 21 (of 58)

Best time in course: 44:26

Rank in category: 3(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	18:06	5:34	5	2:12	28	3:52	3.25	18:06	5:34	3	2:12	50		
Lap 2	3.25	18:36	5:43	3	2:52	24	3:47	6.50	36:42	5:38	3	5:04	50		
Last lap Finish	3.25	17:18	5:19	2	1:56	16	2:20	9.75	54:00	5:32	3	7:00	22	38:14	