



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Pohl, Bianka

Club: Frankfurt

Number: 487

Course: 9.75 km

10 km Lauf

Category:

Frauen W35

Total time: 54:02

Speed: 9.99 km/h

Running performance: 5:32 min/km

Rank in course/Total: 144 (of 224)

Rank in course/Women: 22 (of 58)

Best time in course: 44:26

Rank in category: 3(of 9)

Best time in the category: 48:58

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	17:46	5:28	3	2:20	22	3:32	3.25	17:46	5:28	3	2:20	52	
Lap 2	3.25	18:10	5:35	4	1:41	20	3:21	6.50	35:56	5:31	4	4:01	53	
Last lap Finish	3.25	18:06	5:34	4	2:20	21	3:08	9.75	54:02	5:32	4	38:16	23	38:16