



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Pelani, Bettina

Club: Castrop-Rauxel

Number: 503

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 56:21

Speed: 9.58 km/h

Running performance: 5:47 min/km

Rank in course/Total: 165 (of 224)

Rank in course/Women: 27 (of 58)

Best time in course: 44:26

Rank in category: 5(of 11)

Best time in the category: 47:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	3.25	18:40	5:44	8	2:46	34	4:26	3.25	18:40	5:44	4	2:46	55
Lap 2	3.25	19:00	5:50	4	3:16	27	4:11	6.50	37:40	5:47	4	6:02	55
Last lap Finish	3.25	18:41	5:44	4	3:19	27	3:43	9.75	56:21	5:46	5	9:21	28 40:35