



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Hellenkamp, Nicole

Club: Mainz
Number: 464

Course: 9.75 km
10 km Lauf

Category:
Frauen W20

Total time: 56:44

Speed: 9.52 km/h
Running performance: 5:49 min/km

Rank in course/Total: 171 (of 224)

Rank in course/Women: 29 (of 58)

Best time in course: 44:26

Rank in category: 7(of 9)

Best time in the category: 46:55

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	17:48	5:28	7	2:33	25	3:34	3.25	17:48	5:28	7	2:33	57
Lap 2	3.25	19:17	5:56	7	3:20	32	4:28	6.50	37:05	5:42	7	5:53	57
Last lap Finish	3.25	19:39	6:02	7	3:56	33	4:41	9.75	56:44	5:49	7	9:49	30 40:58