



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Holtkamp, Ulrike

Club: TV Eiche Bad Honnef

Number: 501

Course: 9.75 km

10 km Lauf

Category:

Frauen W45

Total time: 55:58

Speed: 9.65 km/h

Running performance: 5:44 min/km

Rank in course/Total: 160 (of 224)

Rank in course/Women: 26 (of 58)

Best time in course: 44:26

Rank in category: 4(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 | 17:13 | 5:17 | 3 | 1:19 | 21 | 2:59 | 3.25 | 17:13 | 5:17 | 8 | 1:19 | 6 |
| Lap 2 | 3.25 | 19:16 | 5:55 | 7 | 3:32 | 31 | 4:27 | 6.50 | 36:29 | 5:36 | 8 | 4:51 | 6 |
| Last lap Finish | 3.25 | 19:29 | 5:59 | 6 | 4:07 | 31 | 4:31 | 9.75 | 55:58 | 5:44 | 4 | 8:58 | 27 40:12 |