



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Pristaff, Kristina

Club: Mrs.Sporty Rostock

Number: 483

Course: 9.75 km

10 km Lauf

Category:

Frauen W35

Total time: 1:10:49

Speed: 8.26 km/h

Running performance: 7:16 min/km

Rank in course/Total: 216 (of 224)

Rank in course/Women: 51 (of 58)

Best time in course: 44:26

Rank in category: 8(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.	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	23:31	7:14	8	8:05	52	9:17	3.25	23:31	7:14	8	8:05	23	3:15
Lap 2	3.25	24:13	7:27	8	7:44	53	9:24	6.50	47:44	7:20	8	15:49	24	6:46
Last lap Finish	3.25	23:05	7:06	9	7:19	52	8:07	9.75	1:10:49	7:15	9	55:03	52	55:03