



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Lenzen, Helga

Club: Hennef

Number: 513

Course: 9.75 km

10 km Lauf

Category:

Frauen W50

Total time: 1:11:12

Speed: 7.58 km/h

Running performance: 7:18 min/km

Rank in course/Total: 218 (of 224)

Rank in course/Women: 53 (of 58)

Best time in course: 44:26

Rank in category: 9(of 11)

Best time in the category: 50:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	23:52	7:20	10	7:06	54	9:38	3.25	23:52	7:20	9	7:06	25	3:36				
Lap 2	3.25	23:27	7:12	9	6:30	51	8:38	6.50	47:19	7:16	9	13:36	25	6:21				
Last lap Finish	3.25	23:53	7:20	9	7:00	54	8:55	9.75	1:11:12	7:18	9	20:36	54	55:26				