



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Schramm, Nicole

Club: Wiesbaden

Number: 467

Course: 9.75 km

10 km Lauf

Category:

Frauen W20

Total time: 1:17:29

Speed: 6.97 km/h

Running performance: 7:57 min/km

Rank in course/Total: 222 (of 224)

Rank in course/Women: 56 (of 58)

Best time in course: 44:26

Rank in category: 9(of 9)

Best time in the category: 46:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	25:13	7:45	9	9:58	56	10:59	3.25	25:13	7:45	9	9:58	28	4:57
Lap 2	3.25	26:32	8:09	9	10:35	56	11:43	6.50	51:45	7:57	9	20:33	28	10:47
Last lap Finish	3.25	25:44	7:55	9	10:01	57	10:46	9.75	1:17:29	7:56	9	30:34	57	1:01:43