



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Haustein, Sarah

Club: team-naunheim.de

Number: 56

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 39:58

Speed: 13.51 km/h

Running performance: 4:06 min/km

Rank in course/Total: 10 (of 181)

Rank in course/Women: 1 (of 59)

Best time in course: 39:58

Rank in category: 1(of 13)

Best time in the category: 39:58

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	Behind Women
Lap 1	3.25	13:13	4:03	1	-	1	-	3.25	13:13	4:03	1	-	1	-
Lap 2	3.25	13:21	4:06	1	-	1	-	6.50	26:34	4:05	1	-	1	-
Last lap Finish	3.25	13:24	4:07	1	-	1	-	9.75	39:58	4:05	1	-	1	-