



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Knoblach, Caroline

Club: Litzendorf

Number: 86

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 56:10

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 104 (of 181)

Rank in course/Women: 21 (of 59)

Best time in course: 39:58

Rank in category: 7(of 13)

Best time in the category: 39:58

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		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.25	19:03	5:51	9	5:50	30	5:50	3.25	19:03	5:51	9	5:50	30	5:50	
Lap 2	3.25	18:52	5:48	7	5:31	20	5:31	6.50	37:55	5:49	8	11:21	26	11:21	
Last lap Finish	3.25	18:15	5:36	6	4:51	16	4:51	9.75	56:10	5:45	7	16:12	21	16:12	