



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Fink, Sabine

Club: München

Number: 36

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 56:30

Speed: 10.35 km/h

Running performance: 5:47 min/km

Rank in course/Total: 106 (of 181)

Rank in course/Women: 22 (of 59)

Best time in course: 39:58

Rank in category: 4(of 9)

Best time in the category: 47:15

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	17:56	5:31	5	2:33	21	4:43	3.25	17:56	5:31	5	2:33	21	4:43
Lap 2	3.25	19:09	5:53	4	3:23	23	5:48	6.50	37:05	5:42	4	5:56	21	10:31
Last lap Finish	3.25	19:25	5:58	4	3:27	22	6:01	9.75	56:30	5:47	4	9:15	22	16:32