



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Holtkamp, Ulrike

Club: TV Königswinter

Number: 69

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 57:13

Speed: 9.44 km/h

Running performance: 5:52 min/km

Rank in course/Total: 110 (of 181)

Rank in course/Women: 23 (of 59)

Best time in course: 39:58

Rank in category: 5(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	17:46	5:28	4	2:23	19	4:33	3.25	17:46	5:28	4	2:23	19	4:33
Lap 2	3.25	19:33	6:00	5	3:47	27	6:12	6.50	37:19	5:44	5	6:10	22	10:45
Last lap Finish	3.25	19:54	6:07	5	3:56	28	6:30	9.75	57:13	5:52	5	9:58	23	17:15