



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Bade, Sandra

Club: DJK Teutonia Gaustadt

Number: 1

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 57:15

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 112 (of 181)

Rank in course/Women: 24 (of 59)

Best time in course: 39:58

Rank in category: 3(of 6)

Best time in the category: 49:50

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	18:34	5:42	3	1:34	26	5:21	3.25	18:34	5:42	3	1:34	26	5:21
Lap 2	3.25	19:07	5:52	3	2:59	22	5:46	6.50	37:41	5:47	3	4:33	25	11:07
Last lap Finish	3.25	19:34	6:01	3	2:52	25	6:10	9.75	57:15	5:52	3	7:25	24	17:17