



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kirchner, Manuela

Club: SV Ictershausen

Number: 82

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 58:22

Speed: 9.25 km/h

Running performance: 5:59 min/km

Rank in course/Total: 122 (of 181)

Rank in course/Women: 30 (of 59)

Best time in course: 39:58

Rank in category: 4(of 6)

Best time in the category: 49:50

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	18:48	5:47	4	1:48	28	5:35	3.25	18:48	5:47	4	1:48	28	5:35
Lap 2	3.25	19:38	6:02	4	3:30	28	6:17	6.50	38:26	5:54	4	5:18	29	11:52
Last lap Finish	3.25	19:56	6:08	4	3:14	30	6:32	9.75	58:22	5:59	4	8:32	30	18:24