



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Joachim, Julia

Club: -

Number: 76

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 58:10

Speed: 9.28 km/h

Running performance: 5:58 min/km

Rank in course/Total: 119 (of 181)

Rank in course/Women: 28 (of 59)

Best time in course: 39:58

Rank in category: 5(of 8)

Best time in the category: 47:48

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	19:12	5:54	5	3:50	33	5:59	3.25	19:12	5:54	5	3:50	33	5:59
Lap 2	3.25	19:26	5:58	5	3:27	25	6:05	6.50	38:38	5:56	5	7:17	30	12:04
Last lap Finish	3.25	19:32	6:00	5	3:16	24	6:08	9.75	58:10	5:57	5	10:22	28	18:12