



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Elze, Alexandra

Club: Rennsteig Spirit

Number: 32

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 58:46

Speed: 9.19 km/h

Running performance: 6:02 min/km

Rank in course/Total: 127 (of 181)

Rank in course/Women: 32 (of 59)

Best time in course: 39:58

Rank in category: 6(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	19:06	5:52	6	3:43	31	5:53	3.25	19:06	5:52	6	3:43	31	5:53
Lap 2	3.25	19:41	6:03	6	3:55	29	6:20	6.50	38:47	5:58	6	7:38	31	12:13
Last lap Finish	3.25	19:59	6:08	6	4:01	33	6:35	9.75	58:46	6:01	6	11:31	32	18:48