



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Panzer, Alexandra

Club: TriRockets

Number: 138

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:00:32

Speed: 8.92 km/h

Running performance: 6:13 min/km

Rank in course/Total: 137 (of 181)

Rank in course/Women: 35 (of 59)

Best time in course: 39:58

Rank in category: 5(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	20:07	6:11	5	3:07	38	6:54	3.25	20:07	6:11	5	3:07	38	6:54
Lap 2	3.25	20:13	6:13	5	4:05	35	6:52	6.50	40:20	6:12	5	7:12	37	13:46
Last lap Finish	3.25	20:12	6:12	5	3:30	35	6:48	9.75	1:00:32	6:12	5	10:42	35	20:34