



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Becker, Elvira

Club: Schwedt

Number: 3

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 59:56

Speed: 9.01 km/h

Running performance: 6:09 min/km

Rank in course/Total: 134 (of 181)

Rank in course/Women: 34 (of 59)

Best time in course: 39:58

Rank in category: 1(of 3)

Best time in the category: 59:56

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 | 18:51 | 5:48 | 1 | - | 29 | 5:38 | 3.25 | 18:51 | 5:48 | 1 | - | 29 | 5:38 |
| Lap 2 | 3.25 | 20:23 | 6:16 | 1 | - | 36 | 7:02 | 6.50 | 39:14 | 6:02 | 1 | - | 33 | 12:40 |
| Last lap Finish | 3.25 | 20:42 | 6:22 | 2 | 0:24 | 42 | 7:18 | 9.75 | 59:56 | 6:08 | 1 | - | 34 | 19:58 |