



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

de Vries, Yfke

Club: Wageningen NLD

Number: 25

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:01:50

Speed: 8.73 km/h

Running performance: 6:20 min/km

Rank in course/Total: 142 (of 181)

Rank in course/Women: 40 (of 59)

Best time in course: 39:58

Rank in category: 11(of 13)

Best time in the category: 39:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	21:18	6:33	13	8:05	50	8:05	3.25	21:18	6:33	13	8:05	50	8:05
Lap 2	3.25	20:38	6:20	11	7:17	38	7:17	6.50	41:56	6:27	11	15:22	42	15:22
Last lap Finish	3.25	19:54	6:07	9	6:30	28	6:30	9.75	1:01:50	6:20	11	21:52	40	21:52