



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Littwin, Zoe

Club: Lippehasen Dorsten

Number: 104

Course: 9.75 km

10 km Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 1:02:10

Speed: 8.69 km/h

Running performance: 6:23 min/km

Rank in course/Total: 146 (of 181)

Rank in course/Women: 41 (of 59)

Best time in course: 39:58

Rank in category: 2(of 2)

Best time in the category: 58:19

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	20:17	6:14	2	2:08	40	7:04	3.25	20:17	6:14	2	2:08	40	7:04
Lap 2	3.25	21:07	6:29	2	1:13	41	7:46	6.50	41:24	6:22	2	3:21	40	14:50
Last lap Finish	3.25	20:46	6:23	2	0:30	43	7:22	9.75	1:02:10	6:22	2	3:51	41	22:12