



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Berger, Mandy

Club: Massenei Runners

Number: 4

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:02:13

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 147 (of 181)

Rank in course/Women: 42 (of 59)

Best time in course: 39:58

Rank in category: 5(of 7)

Best time in the category: 47:58

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 | 20:27 | 6:17 | 6 | 5:12 | 41 | 7:14 | 3.25 | 20:27 | 6:17 | 6 | 5:12 | 41 | 7:14 |
| Lap 2 | 3.25 | 21:34 | 6:38 | 7 | 5:16 | 44 | 8:13 | 6.50 | 42:01 | 6:27 | 6 | 10:28 | 43 | 15:27 |
| Last lap Finish | 3.25 | 20:12 | 6:12 | 5 | 3:47 | 35 | 6:48 | 9.75 | 1:02:13 | 6:22 | 5 | 14:15 | 42 | 22:15 |