



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Most, Kathleen

Club: Vacha

Number: 124

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:02:33

Speed: 8.63 km/h

Running performance: 6:25 min/km

Rank in course/Total: 150 (of 181)

Rank in course/Women: 44 (of 59)

Best time in course: 39:58

Rank in category: 6(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	3.25	20:53	6:25	7	5:38	48	7:40	3.25	20:53	6:25	7	5:38	48	7:40
Lap 2	3.25	21:17	6:32	6	4:59	43	7:56	6.50	42:10	6:29	7	10:37	44	15:36
Last lap Finish	3.25	20:23	6:16	6	3:58	40	6:59	9.75	1:02:33	6:24	6	14:35	44	22:35