



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Wolf, Daniela

Club: Lichteneiche

Number: 209

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:04:23

Speed: 8.39 km/h

Running performance: 6:36 min/km

Rank in course/Total: 154 (of 181)

Rank in course/Women: 46 (of 59)

Best time in course: 39:58

Rank in category: 13(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	20:51	6:24	12	7:38	46	7:38	3.25	20:51	6:24	12	7:38	46	7:38
Lap 2	3.25	21:39	6:39	12	8:18	45	8:18	6.50	42:30	6:32	13	15:56	46	15:56
Last lap Finish	3.25	21:53	6:44	13	8:29	46	8:29	9.75	1:04:23	6:36	13	24:25	46	24:25