



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Sitzmann, Margit

Club: SSV Forchheim

Number: 174

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:51

Speed: 8.20 km/h

Running performance: 6:45 min/km

Rank in course/Total: 156 (of 181)

Rank in course/Women: 47 (of 59)

Best time in course: 39:58

Rank in category: 5(of 11)

Best time in the category: 50:41

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	20:51	6:24	5	4:45	46	7:38	3.25	20:51	6:24	5	4:45	46	7:38
Lap 2	3.25	22:22	6:52	5	5:23	49	9:01	6.50	43:13	6:38	5	9:54	49	16:39
Last lap Finish	3.25	22:38	6:57	5	5:24	47	9:14	9.75	1:05:51	6:45	5	15:10	47	25:53