



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lorenz, Madlen

Club: Brotterode-Trusetal

Number: 105

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:06:18

Speed: 8.14 km/h

Running performance: 6:48 min/km

Rank in course/Total: 159 (of 181)

Rank in course/Women: 48 (of 59)

Best time in course: 39:58

Rank in category: 6(of 8)

Best time in the category: 47:48

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	20:44	6:22	6	5:22	45	7:31	3.25	20:44	6:22	6	5:22	45	7:31
Lap 2	3.25	22:14	6:50	6	6:15	48	8:53	6.50	42:58	6:36	6	11:37	48	16:24
Last lap Finish	3.25	23:20	7:10	6	7:04	51	9:56	9.75	1:06:18	6:47	6	18:30	48	26:20