



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Braun, Dorothee

Club: Meininger Drachen

Number: 15

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:07:37

Speed: 8.65 km/h

Running performance: 6:56 min/km

Rank in course/Total: 165 (of 181)

Rank in course/Women: 51 (of 59)

Best time in course: 39:58

Rank in category: 3(of 3)

Best time in the category: 59:56

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	21:15	6:32	3	2:24	49	8:02	3.25	21:15	6:32	3	2:24	49	8:02
Lap 2	3.25	23:17	7:09	3	2:54	53	9:56	6.50	44:32	6:51	3	5:18	51	17:58
Last lap Finish	3.25	23:05	7:06	3	2:47	48	9:41	9.75	1:07:37	6:56	3	7:41	51	27:39