



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Mielich, Simona

Club: LG Windberg

Number: 119

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:08:10

Speed: 8.58 km/h

Running performance: 6:59 min/km

Rank in course/Total: 168 (of 181)

Rank in course/Women: 52 (of 59)

Best time in course: 39:58

Rank in category: 7(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	21:59	6:45	7	5:53	53	8:46	3.25	21:59	6:45	7	5:53	53	8:46
Lap 2	3.25	23:01	7:04	7	6:02	51	9:40	6.50	45:00	6:55	7	11:41	52	18:26
Last lap Finish	3.25	23:10	7:07	7	5:56	50	9:46	9.75	1:08:10	6:59	7	17:29	52	28:12