



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Zitzmann, Heike

Club: Dresden

Number: 215

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:09:04

Speed: 7.82 km/h

Running performance: 7:05 min/km

Rank in course/Total: 169 (of 181)

Rank in course/Women: 53 (of 59)

Best time in course: 39:58

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	3.25	22:39	6:58	9	6:33	55	9:26	3.25	22:39	6:58	9	6:33	55	9:26
Lap 2	3.25	23:16	7:09	8	6:17	52	9:55	6.50	45:55	7:03	9	12:36	54	19:21
Last lap Finish	3.25	23:09	7:07	6	5:55	49	9:45	9.75	1:09:04	7:05	8	18:23	53	29:06