



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Schlichtig, Ursula

Club: DJK Teutonia Gaustadt

Number: 163

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:10:14

Speed: 8.33 km/h

Running performance: 7:12 min/km

Rank in course/Total: 171 (of 181)

Rank in course/Women: 54 (of 59)

Best time in course: 39:58

Rank in category: 9(of 11)

Best time in the category: 50:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	22:29	6:55	8	6:23	54	9:16	3.25	22:29	6:55	8	6:23	54	9:16
Lap 2	3.25	23:22	7:11	9	6:23	54	10:01	6.50	45:51	7:03	8	12:32	53	19:17
Last lap Finish	3.25	24:23	7:30	9	7:09	54	10:59	9.75	1:10:14	7:12	9	19:33	54	30:16