



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Görres, Carolyn

Club: Frankfurt

Number: 48

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:11:02

Speed: 7.60 km/h

Running performance: 7:17 min/km

Rank in course/Total: 172 (of 181)

Rank in course/Women: 55 (of 59)

Best time in course: 39:58

Rank in category: 7(of 8)

Best time in the category: 47:48

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	22:45	7:00	8	7:23	56	9:32	3.25	22:45	7:00	8	7:23	56	9:32
Lap 2	3.25	23:36	7:15	7	7:37	55	10:15	6.50	46:21	7:07	7	15:00	55	19:47
Last lap Finish	3.25	24:41	7:35	7	8:25	55	11:17	9.75	1:11:02	7:17	7	23:14	55	31:04