



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Birkholz, Heike

Club: Moringen

Number: 9

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:13:47

Speed: 7.93 km/h

Running performance: 7:34 min/km

Rank in course/Total: 175 (of 181)

Rank in course/Women: 57 (of 59)

Best time in course: 39:58

Rank in category: 10(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	22:56	7:03	10	6:50	57	9:43	3.25	22:56	7:03	10	6:50	57	9:43
Lap 2	3.25	25:06	7:43	10	8:07	56	11:45	6.50	48:02	7:23	10	14:43	57	21:28
Last lap Finish	3.25	25:45	7:55	10	8:31	57	12:21	9.75	1:13:47	7:34	10	23:06	57	33:49