



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kruppen-Müller, Sabine

Club: LAV 07 Bad Harzburg e.V.

Number: 96

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 47:15

Speed: 11.43 km/h

Running performance: 4:51 min/km

Rank in course/Total: 41 (of 181)

Rank in course/Women: 4 (of 59)

Best time in course: 39:58

Rank in category: 1(of 9)

Best time in the category: 47:15

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	15:23	4:44	1	-	5	2:10	3.25	15:23	4:44	1	-	5	2:10
Lap 2	3.25	15:46	4:51	1	-	4	2:25	6.50	31:09	4:47	1	-	4	4:35
Last lap Finish	3.25	16:06	4:57	2	0:08	5	2:42	9.75	47:15	4:50	1	-	4	7:17