



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Potyrala, Julia

Club: LAV 07 Bad Harzburg e.V.

Number: 146

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 47:48

Speed: 11.30 km/h

Running performance: 4:54 min/km

Rank in course/Total: 45 (of 181)

Rank in course/Women: 5 (of 59)

Best time in course: 39:58

Rank in category: 1(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	15:22	4:43	1	-	4	2:09	3.25	15:22	4:43	1	-	4	2:09
Lap 2	3.25	15:59	4:55	1	-	5	2:38	6.50	31:21	4:49	1	-	5	4:47
Last lap Finish	3.25	16:27	5:03	2	0:11	8	3:03	9.75	47:48	4:54	1	-	5	7:50