



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hein, Kerstin

Club: Köln

Number: 61

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 47:58

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 46 (of 181)

Rank in course/Women: 6 (of 59)

Best time in course: 39:58

Rank in category: 1(of 7)

Best time in the category: 47:58

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	15:15	4:41	1	-	3	2:02	3.25	15:15	4:41	1	-	3	2:02
Lap 2	3.25	16:18	5:00	1	-	8	2:57	6.50	31:33	4:51	1	-	6	4:59
Last lap Finish	3.25	16:25	5:03	1	-	7	3:01	9.75	47:58	4:55	1	-	6	8:00