



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Feldmann, Monika

Club: Lippehasen Dorsten

Number: 34

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 48:16

Speed: 11.19 km/h

Running performance: 4:57 min/km

Rank in course/Total: 47 (of 181)

Rank in course/Women: 7 (of 59)

Best time in course: 39:58

Rank in category: 2(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	16:10	4:58	2	0:47	9	2:57	3.25	16:10	4:58	2	0:47	9	2:57
Lap 2	3.25	16:08	4:57	2	0:22	6	2:47	6.50	32:18	4:58	2	1:09	7	5:44
Last lap Finish	3.25	15:58	4:54	1	-	4	2:34	9.75	48:16	4:57	2	1:01	7	8:18