



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Pohl, Bianka

Club: Frankfurt

Number: 145

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 49:50

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 58 (of 181)

Rank in course/Women: 8 (of 59)

Best time in course: 39:58

Rank in category: 1(of 6)

Best time in the category: 49:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	17:00	5:13	1	-	14	3:47	3.25	17:00	5:13	1	-	14	3:47				
Lap 2	3.25	16:08	4:57	1	-	6	2:47	6.50	33:08	5:05	1	-	8	6:34				
Last lap Finish	3.25	16:42	5:08	1	-	9	3:18	9.75	49:50	5:06	1	-	8	9:52				