



# 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: 10.84 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                |              |                 |             |               |                 |             |                |              |                 |
| 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            |