



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Geisemeier, Nina

Club: LC Solbad Ravensberg

Number: 45

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 50:25

Speed: 10.71 km/h

Running performance: 5:10 min/km

Rank in course/Total: 66 (of 181)

Rank in course/Women: 11 (of 59)

Best time in course: 39:58

Rank in category: 4(of 13)

Best time in the category: 39:58

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	15:53	4:53	4	2:40	7	2:40	3.25	15:53	4:53	4	2:40	7	2:40
Lap 2	3.25	17:17	5:19	4	3:56	12	3:56	6.50	33:10	5:06	4	6:36	9	6:36
Last lap Finish	3.25	17:15	5:18	4	3:51	12	3:51	9.75	50:25	5:10	4	10:27	11	10:27