



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Warlich, Ariane

Club: Kassel

Number: 192

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 50:24

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 65 (of 181)

Rank in course/Women: 10 (of 59)

Best time in course: 39:58

Rank in category: 3(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	16:37	5:06	3	1:14	12	3:24	3.25	16:37	5:06	3	1:14	12	3:24
Lap 2	3.25	16:46	5:09	3	1:00	9	3:25	6.50	33:23	5:08	3	2:14	11	6:49
Last lap Finish	3.25	17:01	5:14	3	1:03	10	3:37	9.75	50:24	5:10	3	3:09	10	10:26