



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Paschke, Sabine

Club: Berlin
Number: 139

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 50:58

Speed: 10.60 km/h
Running performance: 5:14 min/km

Rank in course/Total: 70 (of 181)

Rank in course/Women: 13 (of 59)

Best time in course: 39:58

Rank in category: 2(of 11)

Best time in the category: 50:41

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	16:06	4:57	1	-	8	2:53	3.25	16:06	4:57	1	-	8	2:53
Lap 2	3.25	17:13	5:17	2	0:14	11	3:52	6.50	33:19	5:07	1	-	10	6:45
Last lap Finish	3.25	17:39	5:25	2	0:25	13	4:15	9.75	50:58	5:13	2	0:17	13	11:00