



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Keßler, Claudia

Club: Schnitthepper Run Team Nüdlingen
Number: 80

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 53:59

Speed: 10.00 km/h
Running performance: 5:32 min/km

Rank in course/Total: 87 (of 181)

Rank in course/Women: 15 (of 59)

Best time in course: 39:58

Rank in category: 4(of 8)

Best time in the category: 47:48

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	17:12	5:17	3	1:50	15	3:59	3.25	17:12	5:17	3	1:50	15	3:59
Lap 2	3.25	18:20	5:38	4	2:21	17	4:59	6.50	35:32	5:28	4	4:11	15	8:58
Last lap Finish	3.25	18:27	5:40	4	2:11	17	5:03	9.75	53:59	5:32	4	6:11	15	14:01