



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Ospelt, HannaH

Club: LC Rehlingen

Number: 135

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 54:04

Speed: 9.99 km/h

Running performance: 5:33 min/km

Rank in course/Total: 89 (of 181)

Rank in course/Women: 16 (of 59)

Best time in course: 39:58

Rank in category: 5(of 13)

Best time in the category: 39:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Lap 1	3.25	17:41	5:26	5	4:28	18	4:28	3.25	17:41	5:26	5	4:28	18	4:28
Lap 2	3.25	18:15	5:36	5	4:54	15	4:54	6.50	35:56	5:31	5	9:22	17	9:22
Last lap Finish	3.25	18:08	5:34	5	4:44	15	4:44	9.75	54:04	5:32	5	14:06	16	14:06