



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FREITAG, Michaela

Club: KSV Baunatal

Number: 433

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:54

Speed: 9.61 km/h

Running performance: 6:15 min/km

Rank in course/Total: 106 (of 166)

Rank in course/Women: 36 (of 72)

Best time in course: 42:41

Rank in category: 6(of 10)

Best time in the category: 45:05

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	19:34	6:01	6	5:11	37	5:57	3.25	19:34	6:01	6	5:11	37	5:57
Lap 2	3.25	20:41	6:21	7	5:30	36	6:11	6.50	40:15	6:11	6	10:41	36	12:08
Last lap Finish	3.25	20:39	6:21	7	5:08	41	6:05	9.75	1:00:54	6:14	6	15:49	36	18:13