



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

Herrmann, Annkathrin

Number: 556

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:00:56

Speed: 9.60 km/h

Running performance: 6:15 min/km

Rank in course/Total: 107 (of 166)

Rank in course/Women: 37 (of 72)

Best time in course: 42:41

Rank in category: 7(of 9)

Best time in the category: 45:39

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	20:07	6:11	8	6:21	45	6:30	3.25	20:07	6:11	8	6:21	45	6:30
Lap 2	3.25	20:47	6:23	7	4:56	40	6:17	6.50	40:54	6:17	7	11:17	39	12:47
Last lap Finish	3.25	20:02	6:09	5	4:00	30	5:28	9.75	1:00:56	6:14	7	15:17	37	18:15