



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**FREUND, Heidi**

Club: Suhl

Number: 434

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:02:50

Speed: 8.59 km/h

Running performance: 6:26 min/km

Rank in course/Total: 121 (of 166)

Rank in course/Women: 42 (of 72)

Best time in course: 42:41

Rank in category: 3(of 6)

Best time in the category: 58:36

### 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	19:59	6:08	3	1:21	40	6:22	3.25	19:59	6:08	3	1:21	40	6:22
Lap 2	3.25	21:13	6:31	3	1:26	46	6:43	6.50	41:12	6:20	3	2:47	40	13:05
Last lap Finish	3.25	21:38	6:39	3	1:27	47	7:04	9.75	1:02:50	6:26	3	4:14	42	20:09