



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

BOAS, Susanne

Club: Bad Salzungen

Number: 409

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:06:30

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 140 (of 166)

Rank in course/Women: 56 (of 72)

Best time in course: 42:41

Rank in category: 9(of 9)

Best time in the category: 45:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	19:59	6:08	7	6:13	40	6:22	3.25	19:59	6:08	7	6:13	40	6:22
Lap 2	3.25	22:46	7:00	9	6:55	56	8:16	6.50	42:45	6:34	8	13:08	50	14:38
Last lap Finish	3.25	23:45	7:18	9	7:43	61	9:11	9.75	1:06:30	6:49	9	20:51	56	23:49