



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: 8.12 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 |