



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HASBACH-BERNATH, Elke

Club: Waldbreitbach

Number: 447

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:12:28

Speed: 8.07 km/h

Running performance: 7:26 min/km

Rank in course/Total: 156 (of 166)

Rank in course/Women: 66 (of 72)

Best time in course: 42:41

Rank in category: 4(of 6)

Best time in the category: 58:36

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 | 21:28 | 6:36 | 4 | 2:50 | 56 | 7:51 | 3.25 | 21:28 | 6:36 | 4 | 2:50 | 56 | 7:51 |
| Lap 2 | 3.25 | 25:04 | 7:42 | 4 | 5:17 | 66 | 10:34 | 6.50 | 46:32 | 7:09 | 4 | 8:07 | 64 | 18:25 |
| Last lap Finish | 3.25 | 25:56 | 7:58 | 4 | 5:45 | 66 | 11:22 | 9.75 | 1:12:28 | 7:25 | 4 | 13:52 | 66 | 29:47 |