



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: 7.45 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