



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RÖSER, Cathrin

Club: KSV Baunatal

Number: 529

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:17:27

Speed: 6.97 km/h

Running performance: 7:56 min/km

Rank in course/Total: 159 (of 166)

Rank in course/Women: 67 (of 72)

Best time in course: 42:41

Rank in category: 8(of 8)

Best time in the category: 42:41

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	23:46	7:18	8	10:09	67	10:09	3.25	23:46	7:18	8	10:09	67	10:09
Lap 2	3.25	26:45	8:13	8	12:15	67	12:15	6.50	50:31	7:46	8	22:24	67	22:24
Last lap Finish	3.25	26:56	8:17	8	12:22	67	12:22	9.75	1:17:27	7:56	8	34:46	67	34:46