



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

PILZ- RENNE, Heike

Club: Bad Freienwalde

Number: 517

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:27:30

Speed: 6.17 km/h

Running performance: 8:58 min/km

Rank in course/Total: 160 (of 166)

Rank in course/Women: 68 (of 72)

Best time in course: 42:41

Rank in category: 5(of 6)

Best time in the category: 58:36

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	29:08	8:57	5	10:30	71	15:31	3.25	29:08	8:57	5	10:30	71	15:31
Lap 2	3.25	28:55	8:53	5	9:08	68	14:25	6.50	58:03	8:55	5	19:38	69	29:56
Last lap Finish	3.25	29:27	9:03	5	9:16	68	14:53	9.75	1:27:30	8:58	5	28:54	68	44:49