



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SEITZ-ADAM, Carmen

Club: Wehrshausen

Number: 548

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 45:05

Speed: 12.98 km/h

Running performance: 4:37 min/km

Rank in course/Total: 18 (of 166)

Rank in course/Women: 2 (of 72)

Best time in course: 42:41

Rank in category: 1(of 10)

Best time in the category: 45:05

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	14:23	4:25	1	-	3	0:46	3.25	14:23	4:25	1	-	3	0:46
Lap 2	3.25	15:11	4:40	1	-	2	0:41	6.50	29:34	4:32	1	-	2	1:27
Last lap Finish	3.25	15:31	4:46	1	-	2	0:57	9.75	45:05	4:37	1	-	2	2:24