



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WALTHER, Lydia

Club: RLV / LG Süd

Number: 577

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 45:39

Speed: 11.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 20 (of 166)

Rank in course/Women: 3 (of 72)

Best time in course: 42:41

Rank in category: 1(of 9)

Best time in the category: 45:39

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	13:46	4:14	1	-	2	0:09	3.25	13:46	4:14	1	-	2	0:09
Lap 2	3.25	15:51	4:52	1	-	3	1:21	6.50	29:37	4:33	1	-	3	1:30
Last lap Finish	3.25	16:02	4:56	1	-	3	1:28	9.75	45:39	4:40	1	-	3	2:58