



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ELSEL, Susanne

Club: Team Erdinger Alkoholfrei

Number: 425

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 47:29

Speed: 11.37 km/h

Running performance: 4:52 min/km

Rank in course/Total: 25 (of 166)

Rank in course/Women: 4 (of 72)

Best time in course: 42:41

Rank in category: 2(of 9)

Best time in the category: 45:39

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	14:29	4:27	2	0:43	4	0:52	3.25	14:29	4:27	2	0:43	4	0:52
Lap 2	3.25	16:02	4:56	2	0:11	4	1:32	6.50	30:31	4:41	2	0:54	4	2:24
Last lap Finish	3.25	16:58	5:13	4	0:56	8	2:24	9.75	47:29	4:52	2	1:50	4	4:48