



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WAHRENBERG, Sabine

Club: Lauffreunde Dittmar Schmalkalden
Number: 574

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 49:00

Speed: 11.94 km/h
Running performance: 5:02 min/km

Rank in course/Total: 29 (of 166)

Rank in course/Women: 5 (of 72)

Best time in course: 42:41

Rank in category: 1(of 11)

Best time in the category: 49:00

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	16:17	5:00	1	-	6	2:40	3.25	16:17	5:00	1	-	6	2:40
Lap 2	3.25	16:34	5:05	1	-	5	2:04	6.50	32:51	5:03	1	-	5	4:44
Last lap Finish	3.25	16:09	4:58	1	-	4	1:35	9.75	49:00	5:01	1	-	5	6:19