



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KEßLER, Claudia

Club: Laufjunkies

Number: 247

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 50:25

Speed: 10.71 km/h

Running performance: 5:10 min/km

Rank in course/Total: 42 (of 166)

Rank in course/Women: 8 (of 72)

Best time in course: 42:41

Rank in category: 3(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	16:35	5:06	3	2:49	7	2:58	3.25	16:35	5:06	3	2:49	7	2:58
Lap 2	3.25	17:08	5:16	4	1:17	9	2:38	6.50	33:43	5:11	4	4:06	8	5:36
Last lap Finish	3.25	16:42	5:08	2	0:40	6	2:08	9.75	50:25	5:10	3	4:46	8	7:44