



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MIKULA, Claudia

Club: BSG Würzburg

Number: 507

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 53:30

Speed: 10.09 km/h

Running performance: 5:29 min/km

Rank in course/Total: 48 (of 166)

Rank in course/Women: 10 (of 72)

Best time in course: 42:41

Rank in category: 2(of 8)

Best time in the category: 42:41

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	17:35	5:24	2	3:58	12	3:58	3.25	17:35	5:24	2	3:58	12	3:58
Lap 2	3.25	18:09	5:35	3	3:39	12	3:39	6.50	35:44	5:29	2	7:37	13	7:37
Last lap Finish	3.25	17:46	5:28	2	3:12	10	3:12	9.75	53:30	5:29	2	10:49	10	10:49