



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HENNIG, Nadja

Club: TSV Dresden

Number: 454

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 53:33

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 50 (of 166)

Rank in course/Women: 11 (of 72)

Best time in course: 42:41

Rank in category: 3(of 11)

Best time in the category: 49:00

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	17:36	5:24	3	1:19	13	3:59	3.25	17:36	5:24	3	1:19	13	3:59
Lap 2	3.25	17:54	5:30	3	1:20	10	3:24	6.50	35:30	5:27	3	2:39	10	7:23
Last lap Finish	3.25	18:03	5:33	3	1:54	12	3:29	9.75	53:33	5:29	3	4:33	11	10:52