



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**HEINEMANN, Andrea**

Club: Kardex Runstar

Number: 452

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 54:30

Speed: 9.91 km/h

Running performance: 5:35 min/km

Rank in course/Total: 53 (of 166)

Rank in course/Women: 13 (of 72)

Best time in course: 42:41

Rank in category: 3(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	18:21	5:38	3	4:44	18	4:44	3.25	18:21	5:38	3	4:44	18	4:44
Lap 2	3.25	17:57	5:31	2	3:27	11	3:27	6.50	36:18	5:35	3	8:11	14	8:11
Last lap Finish	3.25	18:12	5:35	3	3:38	13	3:38	9.75	54:30	5:35	3	11:49	13	11:49