



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HEIDECKER, Sabine

Club: DJK Teutonia Gaustadt

Number: 450

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 55:31

Speed: 9.73 km/h

Running performance: 5:41 min/km

Rank in course/Total: 60 (of 166)

Rank in course/Women: 15 (of 72)

Best time in course: 42:41

Rank in category: 4(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Lap 1	3.25	17:47	5:28	4	1:30	14	4:10	3.25	17:47	5:28	4	1:30	14	4:10
Lap 2	3.25	18:54	5:48	4	2:20	16	4:24	6.50	36:41	5:38	4	3:50	15	8:34
Last lap Finish	3.25	18:50	5:47	4	2:41	15	4:16	9.75	55:31	5:41	4	6:31	15	12:50