



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

LAU, Veronika

Club: Vacha

Number: 484

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 57:50

Speed: 9.34 km/h

Running performance: 5:56 min/km

Rank in course/Total: 78 (of 166)

Rank in course/Women: 21 (of 72)

Best time in course: 42:41

Rank in category: 2(of 11)

Best time in the category: 55:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:41	5:44	3	0:21	24	5:04	3.25	18:41	5:44	3	0:21	24	5:04
Lap 2	3.25	19:36	6:01	2	1:01	25	5:06	6.50	38:17	5:53	2	1:22	20	10:10
Last lap Finish	3.25	19:33	6:00	2	0:48	23	4:59	9.75	57:50	5:55	2	2:10	21	15:09