



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HOHEISEL, Tanja

Club: Kampfsportschule Berk

Number: 463

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 57:50

Speed: 9.34 km/h

Running performance: 5:56 min/km

Rank in course/Total: 79 (of 166)

Rank in course/Women: 21 (of 72)

Best time in course: 42:41

Rank in category: 4(of 13)

Best time in the category: 50:18

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	18:41	5:44	5	2:26	24	5:04	3.25	18:41	5:44	5	2:26	24	5:04
Lap 2	3.25	19:36	6:01	4	2:37	25	5:06	6.50	38:17	5:53	4	5:03	20	10:10
Last lap Finish	3.25	19:33	6:00	4	2:29	23	4:59	9.75	57:50	5:55	4	7:32	21	15:09