



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HOLTKAMP, Ulrike

Club: TV Königswinter

Number: 465

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 58:24

Speed: 9.25 km/h

Running performance: 5:59 min/km

Rank in course/Total: 83 (of 166)

Rank in course/Women: 25 (of 72)

Best time in course: 42:41

Rank in category: 6(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	17:50	5:29	5	1:33	15	4:13	3.25	17:50	5:29	5	1:33	15	4:13
Lap 2	3.25	20:10	6:12	7	3:36	32	5:40	6.50	38:00	5:50	5	5:09	18	9:53
Last lap Finish	3.25	20:24	6:16	8	4:15	39	5:50	9.75	58:24	5:59	6	9:24	25	15:43