



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

BOHLENDER, Helena

Club: Irrläufer

Number: 411

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 58:43

Speed: 9.20 km/h

Running performance: 6:01 min/km

Rank in course/Total: 87 (of 166)

Rank in course/Women: 28 (of 72)

Best time in course: 42:41

Rank in category: 5(of 9)

Best time in the category: 45:39

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	18:35	5:43	5	4:49	20	4:58	3.25	18:35	5:43	5	4:49	20	4:58
Lap 2	3.25	20:04	6:10	6	4:13	30	5:34	6.50	38:39	5:56	6	9:02	27	10:32
Last lap Finish	3.25	20:04	6:10	6	4:02	33	5:30	9.75	58:43	6:01	5	13:04	28	16:02