



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: 9.96 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 |