



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ELSEL, Simone

Club: Erfurt
Number: 424

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 59:02

Speed: 9.15 km/h
Running performance: 6:03 min/km

Rank in course/Total: 92 (of 166)
Rank in course/Women: 29 (of 72)
Best time in course: 42:41

Rank in category: 6(of 9)
Best time in the category: 45:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	19:18	5:56	6	5:32	32	5:41	3.25	19:18	5:56	6	5:32	32	5:41
Lap 2	3.25	19:10	5:53	5	3:19	19	4:40	6.50	38:28	5:55	5	8:51	25	10:21
Last lap Finish	3.25	20:34	6:19	7	4:32	40	6:00	9.75	59:02	6:03	6	13:23	29	16:21