



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

### MECKLENBURG, Verena

Club: Hennef

Number: 502

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 59:08

Speed: 9.13 km/h

Running performance: 6:04 min/km

Rank in course/Total: 93 (of 166)

Rank in course/Women: 30 (of 72)

Best time in course: 42:41

Rank in category: 5(of 13)

Best time in the category: 50:18

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 3.25        | 18:39         | 5:44            | 4           | 2:24           | 22           | 5:02            | 3.25          | 18:39         | 5:44            | 4           | 2:24           | 22           | 5:02            |
| Lap 2           | 3.25        | 20:14         | 6:13            | 6           | 3:15           | 33           | 5:44            | 6.50          | 38:53         | 5:58            | 5           | 5:39           | 28           | 10:46           |
| Last lap Finish | 3.25        | 20:15         | 6:13            | 6           | 3:11           | 35           | 5:41            | 9.75          | 59:08         | 6:03            | 5           | 8:50           | 30           | 16:27           |