



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FALKENBERG, Claudia

Club: CJR Ebersdorf

Number: 431

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 59:17

Speed: 9.11 km/h

Running performance: 6:05 min/km

Rank in course/Total: 96 (of 166)

Rank in course/Women: 32 (of 72)

Best time in course: 42:41

Rank in category: 7(of 11)

Best time in the category: 49:00

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	19:53	6:07	8	3:36	39	6:16	3.25	19:53	6:07	8	3:36	39	6:16
Lap 2	3.25	19:35	6:01	6	3:01	24	5:05	6.50	39:28	6:04	7	6:37	34	11:21
Last lap Finish	3.25	19:49	6:05	6	3:40	28	5:15	9.75	59:17	6:04	7	10:17	32	16:36