



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

FALKENBERG, Claudia

Club: CJR Ebersdorf

Number: 37

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:01:01

Speed: 8.85 km/h

Running performance: 6:16 min/km

Rank in course/Total: 156 (of 215)

Rank in course/Women: 45 (of 81)

Best time in course: 41:42

Rank in category: 3(of 9)

Best time in the category: 57:22

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	19:40	6:03	4	1:16	45	6:16	3.25	19:40	6:03	4	1:16	45	6:16
Lap 2	3.25	20:32	6:19	2	0:56	42	6:37	6.50	40:12	6:11	4	1:53	44	12:53
Last lap Finish	3.25	20:49	6:24	2	1:46	42	6:26	9.75	1:01:01	6:15	3	3:39	46	41:48