



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HARING, Anika

Club: Kinderträume Merseburg

Number: 167

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:01:20

Speed: 8.80 km/h

Running performance: 6:17 min/km

Rank in course/Total: 157 (of 215)

Rank in course/Women: 46 (of 81)

Best time in course: 41:42

Rank in category: 8(of 13)

Best time in the category: 42:39

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	19:45	6:04	7	6:15	46	6:21	3.25	19:45	6:04	7	6:15	46	6:21
Lap 2	3.25	20:35	6:19	8	6:06	44	6:40	6.50	40:20	6:12	8	12:21	45	13:01
Last lap Finish	3.25	21:00	6:27	8	6:20	45	6:37	9.75	1:01:20	6:17	8	18:41	47	42:07