



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HOLTKAMP, Ulrike

Club: TV Königswinter

Number: 86

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:02:30

Speed: 8.64 km/h

Running performance: 6:25 min/km

Rank in course/Total: 164 (of 215)

Rank in course/Women: 51 (of 81)

Best time in course: 41:42

Rank in category: 4(of 9)

Best time in the category: 57:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:24	5:39	1	-	28	5:00	3.25	18:24	5:39	1	-	28	5:00
Lap 2	3.25	21:22	6:34	4	1:46	52	7:27	6.50	39:46	6:07	3	1:27	42	12:27
Last lap Finish	3.25	22:44	6:59	6	3:41	62	8:21	9.75	1:02:30	6:24	4	5:08	52	43:17