



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**HEUßMANN, Ines**

Club: -

Number: 80

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:08:19

Speed: 7.90 km/h

Running performance: 7:01 min/km

Rank in course/Total: 187 (of 215)

Rank in course/Women: 67 (of 81)

Best time in course: 41:42

Rank in category: 6(of 7)

Best time in the category: 49:23

### 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	21:35	6:38	7	4:17	64	8:11	3.25	21:35	6:38	7	4:17	64	8:11
Lap 2	3.25	23:21	7:11	7	6:54	71	9:26	6.50	44:56	6:54	7	11:11	69	17:37
Last lap Finish	3.25	23:23	7:11	6	7:45	66	9:00	9.75	1:08:19	7:00	6	18:56	68	49:06