



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KAIJO, Maike

Club: TV Friesen Telgte

Number: 97

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:15:31

Speed: 7.15 km/h

Running performance: 7:45 min/km

Rank in course/Total: 200 (of 215)

Rank in course/Women: 75 (of 81)

Best time in course: 41:42

Rank in category: 12(of 12)

Best time in the category: 41:42

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	25:27	7:49	12	12:03	77	12:03	3.25	25:27	7:49	12	12:03	77	12:03
Lap 2	3.25	25:16	7:46	12	11:21	75	11:21	6.50	50:43	7:48	12	23:24	76	23:24
Last lap Finish	3.25	24:48	7:37	11	10:25	72	10:25	9.75	1:15:31	7:44	12	33:49	76	56:18