



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HOLTHAUS, Stefanie

Club: TV Friesen Telgte

Number: 84

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:31:06

Speed: 6.42 km/h

Running performance: 9:20 min/km

Rank in course/Total: 209 (of 215)

Rank in course/Women: 79 (of 81)

Best time in course: 41:42

Rank in category: 9(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	27:54	8:35	9	9:30	80	14:30	3.25	27:54	8:35	9	9:30	80	14:30
Lap 2	3.25	29:20	9:01	9	9:44	79	15:25	6.50	57:14	8:48	9	18:55	79	29:55
Last lap Finish	3.25	33:52	10:25	9	14:49	80	19:29	9.75	1:31:06	9:20	9	33:44	80	1:11:53