



# 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      |