



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kahl, Sandra

Club: team-naunheim.de

Number: 78

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 55:51

Speed: 9.67 km/h

Running performance: 5:44 min/km

Rank in course/Total: 101 (of 181)

Rank in course/Women: 20 (of 59)

Best time in course: 39:58

Rank in category: 2 (of 6)

Best time in the category: 49:50

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	17:54	5:30	2	0:54	20	4:41	3.25	17:54	5:30	2	0:54	20	4:41
Lap 2	3.25	18:51	5:48	2	2:43	19	5:30	6.50	36:45	5:39	2	3:37	20	10:11
Last lap Finish	3.25	19:06	5:52	2	2:24	21	5:42	9.75	55:51	5:43	2	6:01	20	15:53