



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HERMANN, Sarah

Club: Herten

Number: 455

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:50

Speed: 8.59 km/h

Running performance: 6:26 min/km

Rank in course/Total: 120 (of 166)

Rank in course/Women: 42 (of 72)

Best time in course: 42:41

Rank in category: 7(of 13)

Best time in the category: 50:18

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	21:27	6:35	10	5:12	54	7:50	3.25	21:27	6:35	10	5:12	54	7:50
Lap 2	3.25	21:04	6:28	7	4:05	43	6:34	6.50	42:31	6:32	7	9:17	48	14:24
Last lap Finish	3.25	20:19	6:15	7	3:15	36	5:45	9.75	1:02:50	6:26	7	12:32	42	20:09