



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MÄNNICH, Sarina

Club: VFL Wampenhäusen

Number: 496

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:04:26

Speed: 8.38 km/h

Running performance: 6:37 min/km

Rank in course/Total: 130 (of 166)

Rank in course/Women: 49 (of 72)

Best time in course: 42:41

Rank in category: 7(of 11)

Best time in the category: 55:40

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	20:00	6:09	4	1:40	43	6:23	3.25	20:00	6:09	4	1:40	43	6:23
Lap 2	3.25	22:04	6:47	9	3:29	53	7:34	6.50	42:04	6:28	7	5:09	47	13:57
Last lap Finish	3.25	22:22	6:52	9	3:37	53	7:48	9.75	1:04:26	6:36	7	8:46	49	21:45