



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

DIEHL, Sandra

Club: Schaafheim

Number: 416

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:35:10

Speed: 5.67 km/h

Running performance: 9:46 min/km

Rank in course/Total: 164 (of 166)

Rank in course/Women: 71 (of 72)

Best time in course: 42:41

Rank in category: 10(of 10)

Best time in the category: 45:05

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	29:06	8:57	10	14:43	69	15:29	3.25	29:06	8:57	10	14:43	69	15:29
Lap 2	3.25	34:00	10:27	10	18:49	71	19:30	6.50	1:03:06	9:42	10	33:32	71	34:59
Last lap Finish	3.25	32:04	9:52	10	16:33	70	17:30	9.75	1:35:10	9:45	10	50:05	71	52:29