



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ZINDEL, Sabine

Club: Sanwald Laufteam

Number: 599

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 50:18

Speed: 10.74 km/h

Running performance: 5:10 min/km

Rank in course/Total: 37 (of 166)

Rank in course/Women: 6 (of 72)

Best time in course: 42:41

Rank in category: 1(of 13)

Best time in the category: 50:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	16:15	5:00	1	-	5	2:38	3.25	16:15	5:00	1	-	5	2:38
Lap 2	3.25	16:59	5:13	1	-	8	2:29	6.50	33:14	5:06	1	-	6	5:07
Last lap Finish	3.25	17:04	5:15	1	-	9	2:30	9.75	50:18	5:09	1	-	6	7:37