



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SCHMITTER, SABINE

Club: Rüsselsheim

Number: 541

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 57:39

Speed: 9.37 km/h

Running performance: 5:55 min/km

Rank in course/Total: 73 (of 166)

Rank in course/Women: 19 (of 72)

Best time in course: 42:41

Rank in category: 4(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	18:40	5:44	3	4:17	23	5:03	3.25	18:40	5:44	3	4:17	23	5:03
Lap 2	3.25	19:34	6:01	6	4:23	23	5:04	6.50	38:14	5:52	3	8:40	19	10:07
Last lap Finish	3.25	19:25	5:58	5	3:54	22	4:51	9.75	57:39	5:54	4	12:34	19	14:58