



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ROTH, Sandra

Club: KSV Baunatal

Number: 531

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 58:35

Speed: 9.22 km/h

Running performance: 6:01 min/km

Rank in course/Total: 85 (of 166)

Rank in course/Women: 26 (of 72)

Best time in course: 42:41

Rank in category: 4(of 8)

Best time in the category: 42:41

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 | 19:33 | 6:00 | 4 | 5:56 | 34 | 5:56 | 3.25 | 19:33 | 6:00 | 4 | 5:56 | 34 | 5:56 |
| Lap 2 | 3.25 | 19:51 | 6:06 | 4 | 5:21 | 28 | 5:21 | 6.50 | 39:24 | 6:03 | 4 | 11:17 | 32 | 11:17 |
| Last lap Finish | 3.25 | 19:11 | 5:54 | 4 | 4:37 | 18 | 4:37 | 9.75 | 58:35 | 6:00 | 4 | 15:54 | 26 | 15:54 |