



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: 9.99 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		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
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			