



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SAGEL, Lorraine

Club: NonStopUltra Brakel

Number: 532

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 59:23

Speed: 9.09 km/h

Running performance: 6:05 min/km

Rank in course/Total: 98 (of 166)

Rank in course/Women: 33 (of 72)

Best time in course: 42:41

Rank in category: 6(of 13)

Best time in the category: 50:18

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | 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 | 19:15 | 5:55 | 7 | 3:00 | 31 | 5:38 | 3.25 | 19:15 | 5:55 | 7 | 3:00 | 31 | 5:38 |
| Lap 2 | 3.25 | 20:05 | 6:10 | 5 | 3:06 | 31 | 5:35 | 6.50 | 39:20 | 6:03 | 6 | 6:06 | 30 | 11:13 |
| Last lap Finish | 3.25 | 20:03 | 6:10 | 5 | 2:59 | 32 | 5:29 | 9.75 | 59:23 | 6:05 | 6 | 9:05 | 33 | 16:42 |