



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