



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MORGENWECK, Reiko

Club: TV Barchfeld

Number: 152

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:42

Speed: 14.37 km/h

Running performance: 4:10 min/km

Rank in course/Total: 11 (of 215)

Rank in course/Men: 11 (of 134)

Best time in course: 36:45

Rank in category: 2(of 19)

Best time in the category: 37:34

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	12:46	3:55	2	1:00	10	1:14	3.25	12:46	3:55	2	1:00	10	1:14
Lap 2	3.25	13:57	4:17	2	0:57	14	1:22	6.50	26:43	4:06	2	1:57	11	2:28
Last lap Finish	3.25	13:59	4:18	2	1:11	13	1:30	9.75	40:42	4:10	2	3:08	11	3:57