



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LATHER, Sonja

Club: SV Zell

Number: 123

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 55:12

Speed: 9.78 km/h

Running performance: 5:40 min/km

Rank in course/Total: 110 (of 215)

Rank in course/Women: 24 (of 81)

Best time in course: 41:42

Rank in category: 4(of 12)

Best time in the category: 41:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	17:03	5:14	4	3:39	21	3:39	3.25	17:03	5:14	4	3:39	21	3:39
Lap 2	3.25	18:54	5:48	4	4:59	25	4:59	6.50	35:57	5:31	4	8:38	21	8:38
Last lap Finish	3.25	19:15	5:55	5	4:52	30	4:52	9.75	55:12	5:39	4	13:30	25	35:59