



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KÖSSEL, Syvia

Club: Thür. Genussläufer

Number: 107

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 57:22

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 124 (of 215)

Rank in course/Women: 29 (of 81)

Best time in course: 41:42

Rank in category: 1(of 9)

Best time in the category: 57:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:43	5:45	3	0:19	35	5:19	3.25	18:43	5:45	3	0:19	35	5:19
Lap 2	3.25	19:36	6:01	1	-	31	5:41	6.50	38:19	5:53	1	-	29	11:00
Last lap Finish	3.25	19:03	5:51	1	-	25	4:40	9.75	57:22	5:53	1	-	30	38:09