



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MÜNCH, Sonja

Club: ASC Marktrodach

Number: 160

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 57:47

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 129 (of 215)

Rank in course/Women: 31 (of 81)

Best time in course: 41:42

Rank in category: 6(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:24	5:39	5	5:00	28	5:00	3.25	18:24	5:39	5	5:00	28	5:00
Lap 2	3.25	19:23	5:57	5	5:28	29	5:28	6.50	37:47	5:48	5	10:28	26	10:28
Last lap Finish	3.25	20:00	6:09	6	5:37	37	5:37	9.75	57:47	5:55	6	16:05	32	38:34