



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

STESCHULAT, Alexandra

Club: Adidas Runners Hamburg

Number: 224

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:00:05

Speed: 8.99 km/h

Running performance: 6:10 min/km

Rank in course/Total: 146 (of 215)

Rank in course/Women: 39 (of 81)

Best time in course: 41:42

Rank in category: 8(of 12)

Best time in the category: 49:06

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	18:34	5:42	6	3:01	32	5:10	3.25	18:34	5:42	6	3:01	32	5:10
Lap 2	3.25	20:43	6:22	9	4:06	46	6:48	6.50	39:17	6:02	7	6:50	37	11:58
Last lap Finish	3.25	20:48	6:24	9	4:09	41	6:25	9.75	1:00:05	6:09	8	10:59	40	40:52