



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

VONNO, Zora

Club: -

Number: 239

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:24

Speed: 8.94 km/h

Running performance: 6:11 min/km

Rank in course/Total: 152 (of 215)

Rank in course/Women: 43 (of 81)

Best time in course: 41:42

Rank in category: 8(of 12)

Best time in the category: 41:42

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	20:24	6:16	8	7:00	56	7:00	3.25	20:24	6:16	8	7:00	56	7:00
Lap 2	3.25	20:00	6:09	7	6:05	33	6:05	6.50	40:24	6:12	8	13:05	47	13:05
Last lap Finish	3.25	20:00	6:09	6	5:37	37	5:37	9.75	1:00:24	6:11	8	18:42	44	41:11