



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SEITZ-ADAM, Carmen

Club: -

Number: 219

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 41:42

Speed: 12.95 km/h

Running performance: 4:17 min/km

Rank in course/Total: 17 (of 215)

Rank in course/Women: 1 (of 81)

Best time in course: 41:42

Rank in category: 1(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	13:24	4:07	1	-	1	-	3.25	13:24	4:07	1	-	1	-
Lap 2	3.25	13:55	4:16	1	-	1	-	6.50	27:19	4:12	1	-	1	-
Last lap Finish	3.25	14:23	4:25	1	-	1	-	9.75	41:42	4:16	1	-	2	22:29