



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MEYER, Sabine

Club: Harzer Keiler e.V.

Number: 143

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:01:48

Speed: 8.74 km/h

Running performance: 6:20 min/km

Rank in course/Total: 159 (of 215)

Rank in course/Women: 48 (of 81)

Best time in course: 41:42

Rank in category: 8(of 14)

Best time in the category: 47:20

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	19:26	5:58	8	4:11	43	6:02	3.25	19:26	5:58	8	4:11	43	6:02
Lap 2	3.25	21:17	6:32	9	5:21	51	7:22	6.50	40:43	6:15	9	9:32	51	13:24
Last lap Finish	3.25	21:05	6:29	8	4:56	47	6:42	9.75	1:01:48	6:20	8	14:28	49	42:35