



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

FRIEDEMANN, Angelika

Club: Lauf Team Unna

Number: 45

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W65 (65-69 Jahre)

Total time: 1:02:45

Speed: 8.61 km/h

Running performance: 6:26 min/km

Rank in course/Total: 166 (of 215)

Rank in course/Women: 52 (of 81)

Best time in course: 41:42

Rank in category: 2(of 3)

Best time in the category: 59:12

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	20:30	6:18	2	1:11	58	7:06	3.25	20:30	6:18	2	1:11	58	7:06
Lap 2	3.25	20:59	6:27	2	0:54	49	7:04	6.50	41:29	6:22	2	2:05	52	14:10
Last lap Finish	3.25	21:16	6:32	2	1:28	49	6:53	9.75	1:02:45	6:26	2	3:33	53	43:32