



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

Männich, Sarina

Club: VfL Wampenhäusen

Number: 134

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:04:07

Speed: 8.42 km/h

Running performance: 6:35 min/km

Rank in course/Total: 169 (of 215)

Rank in course/Women: 53 (of 81)

Best time in course: 41:42

Rank in category: 12(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	19:50	6:06	10	4:17	47	6:26	3.25	19:50	6:06	10	4:17	47	6:26
Lap 2	3.25	21:43	6:40	12	5:06	53	7:48	6.50	41:33	6:23	12	9:06	53	14:14
Last lap Finish	3.25	22:34	6:56	12	5:55	61	8:11	9.75	1:04:07	6:34	12	15:01	54	44:54