



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SIEGMUND, Carina

Club: -

Number: 221

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:15

Speed: 8.40 km/h

Running performance: 6:35 min/km

Rank in course/Total: 170 (of 215)

Rank in course/Women: 54 (of 81)

Best time in course: 41:42

Rank in category: 9(of 13)

Best time in the category: 42:39

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 | 21:09 | 6:30 | 8 | 7:39 | 63 | 7:45 | 3.25 | 21:09 | 6:30 | 8 | 7:39 | 63 | 7:45 |
| Lap 2 | 3.25 | 21:46 | 6:41 | 9 | 7:17 | 54 | 7:51 | 6.50 | 42:55 | 6:36 | 9 | 14:56 | 58 | 15:36 |
| Last lap Finish | 3.25 | 21:20 | 6:33 | 9 | 6:40 | 50 | 6:57 | 9.75 | 1:04:15 | 6:35 | 9 | 21:36 | 55 | 45:02 |