



# 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: 9.11 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        |