



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BILINSKA, LILLA

Club: Gorzów Wielkopolski

Number: 17

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:04:20

Speed: 8.39 km/h

Running performance: 6:36 min/km

Rank in course/Total: 171 (of 215)

Rank in course/Women: 55 (of 81)

Best time in course: 41:42

Rank in category: 9(of 12)

Best time in the category: 41:42

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	20:29	6:18	9	7:05	57	7:05	3.25	20:29	6:18	9	7:05	57	7:05
Lap 2	3.25	22:02	6:46	9	8:07	55	8:07	6.50	42:31	6:32	9	15:12	56	15:12
Last lap Finish	3.25	21:49	6:42	9	7:26	55	7:26	9.75	1:04:20	6:35	9	22:38	56	45:07