



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

STAUB, Silke

Club: Laufftreff Wehbach

Number: 222

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:04:43

Speed: 8.34 km/h

Running performance: 6:38 min/km

Rank in course/Total: 173 (of 215)

Rank in course/Women: 57 (of 81)

Best time in course: 41:42

Rank in category: 5(of 9)

Best time in the category: 57:22

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	20:19	6:15	5	1:55	54	6:55	3.25	20:19	6:15	5	1:55	54	6:55
Lap 2	3.25	22:14	6:50	5	2:38	58	8:19	6.50	42:33	6:32	5	4:14	57	15:14
Last lap Finish	3.25	22:10	6:49	4	3:07	56	7:47	9.75	1:04:43	6:38	5	7:21	58	45:30