



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HÖRMANN, Ilona

Club: -

Number: 90

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:07:43

Speed: 7.97 km/h

Running performance: 6:57 min/km

Rank in course/Total: 185 (of 215)

Rank in course/Women: 65 (of 81)

Best time in course: 41:42

Rank in category: 11(of 14)

Best time in the category: 47:20

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	21:49	6:42	13	6:34	67	8:25	3.25	21:49	6:42	13	6:34	67	8:25
Lap 2	3.25	22:54	7:02	10	6:58	63	8:59	6.50	44:43	6:52	12	13:32	67	17:24
Last lap Finish	3.25	23:00	7:04	10	6:51	64	8:37	9.75	1:07:43	6:56	11	20:23	66	48:30