



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BüLAU, Sabrina

Club: Team KADS

Number: 24

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:08:32

Speed: 7.88 km/h

Running performance: 7:02 min/km

Rank in course/Total: 189 (of 215)

Rank in course/Women: 69 (of 81)

Best time in course: 41:42

Rank in category: 11(of 13)

Best time in the category: 42:39

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	21:48	6:42	9	8:18	65	8:24	3.25	21:48	6:42	9	8:18	65	8:24
Lap 2	3.25	23:17	7:09	11	8:48	69	9:22	6.50	45:05	6:56	11	17:06	70	17:46
Last lap Finish	3.25	23:27	7:12	11	8:47	67	9:04	9.75	1:08:32	7:01	11	25:53	70	49:19