



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

MEY, Sabine

Club: -

Number: 142

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:08:21

Speed: 7.90 km/h

Running performance: 7:01 min/km

Rank in course/Total: 188 (of 215)

Rank in course/Women: 68 (of 81)

Best time in course: 41:42

Rank in category: 7(of 7)

Best time in the category: 49:23

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	21:04	6:28	6	3:46	62	7:40	3.25	21:04	6:28	6	3:46	62	7:40
Lap 2	3.25	23:08	7:07	6	6:41	67	9:13	6.50	44:12	6:48	6	10:27	63	16:53
Last lap Finish	3.25	24:09	7:25	7	8:31	71	9:46	9.75	1:08:21	7:00	7	18:58	69	49:08