



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RUST, Josephine

Club: RTV Haselgrund e.V.

Number: 188

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:14:29

Speed: 7.25 km/h

Running performance: 7:38 min/km

Rank in course/Total: 199 (of 215)

Rank in course/Women: 74 (of 81)

Best time in course: 41:42

Rank in category: 13(of 13)

Best time in the category: 42:39

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	22:12	6:49	13	8:42	73	8:48	3.25	22:12	6:49	13	8:42	73	8:48
Lap 2	3.25	25:54	7:58	13	11:25	78	11:59	6.50	48:06	7:24	13	20:07	74	20:47
Last lap Finish	3.25	26:23	8:07	13	11:43	78	12:00	9.75	1:14:29	7:38	13	31:50	75	55:16