



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 | 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 | 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 |