



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

DYRKS, Monika

Club: BSG Lülisdorf e.V.

Number: 32

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:16:05

Speed: 7.69 km/h

Running performance: 7:48 min/km

Rank in course/Total: 201 (of 215)

Rank in course/Women: 76 (of 81)

Best time in course: 41:42

Rank in category: 8(of 9)

Best time in the category: 57:22

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	23:21	7:11	8	4:57	75	9:57	3.25	23:21	7:11	8	4:57	75	9:57
Lap 2	3.25	24:43	7:36	8	5:07	73	10:48	6.50	48:04	7:23	8	9:45	72	20:45
Last lap Finish	3.25	28:01	8:37	8	8:58	79	13:38	9.75	1:16:05	7:48	8	18:43	77	56:52