



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ARNDT, Kirsti

Club: -

Number: 6

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 49:09

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 59 (of 215)

Rank in course/Women: 6 (of 81)

Best time in course: 41:42

Rank in category: 2(of 12)

Best time in the category: 41:42

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	15:34	4:47	2	2:10	6	2:10	3.25	15:34	4:47	2	2:10	6	2:10
Lap 2	3.25	16:56	5:12	2	3:01	10	3:01	6.50	32:30	5:00	2	5:11	6	5:11
Last lap Finish	3.25	16:39	5:07	2	2:16	6	2:16	9.75	49:09	5:02	2	7:27	7	29:56