



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RENS, Liesbeth

Club: JMT Mol

Number: 179

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 52:55

Speed: 10.20 km/h

Running performance: 5:26 min/km

Rank in course/Total: 91 (of 215)

Rank in course/Women: 19 (of 81)

Best time in course: 41:42

Rank in category: 5(of 9)

Best time in the category: 44:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	16:53	5:11	5	2:26	20	3:29	3.25	16:53	5:11	5	2:26	20	3:29
Lap 2	3.25	17:58	5:31	4	3:03	18	4:03	6.50	34:51	5:21	5	5:29	20	7:32
Last lap Finish	3.25	18:04	5:33	3	2:56	18	3:41	9.75	52:55	5:25	6	33:42	20	33:42