



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gilch, Julia

Club: Hahnertwins Running Club

Number: 67

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 55:09

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 105 (of 246)

Rank in course/Women: 27 (of 98)

Best time in course: 42:01

Rank in category: 6(of 19)

Best time in the category: 49:50

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	17:23	5:20	6	1:40	28	9:52	3.25	17:23	5:20	6	1:40	28	9:52
Lap 2	3.25	18:17	5:37	6	1:30	26	4:16	6.50	35:40	5:29	5	3:08	26	8:08
Last lap Finish	3.25	19:29	5:59	7	3:16	32	5:24	9.75	55:09	5:39	6	5:19	27	13:08