



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kirchner, Manuela

Club: SSV Erzgebirge e.V. / RA Haertel

Number: 120

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 55:30

Speed: 9.73 km/h

Running performance: 5:41 min/km

Rank in course/Total: 106 (of 246)

Rank in course/Women: 28 (of 98)

Best time in course: 42:01

Rank in category: 6(of 17)

Best time in the category: 46:36

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	17:52	5:29	9	3:03	36	10:21	3.25	17:52	5:29	9	3:03	36	10:21
Lap 2	3.25	18:48	5:47	6	3:13	29	4:47	6.50	36:40	5:38	7	6:16	29	9:08
Last lap Finish	3.25	18:50	5:47	6	2:51	27	4:45	9.75	55:30	5:41	6	8:54	28	13:29