



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schieck, Miriam

Club: Themar

Number: 201

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 56:37

Speed: 9.54 km/h

Running performance: 5:49 min/km

Rank in course/Total: 121 (of 246)

Rank in course/Women: 31 (of 98)

Best time in course: 42:01

Rank in category: 8(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	17:09	5:16	5	1:26	27	9:38	3.25	17:09	5:16	5	1:26	27	9:38
Lap 2	3.25	19:34	6:01	8	2:47	38	5:33	6.50	36:43	5:38	7	4:11	30	9:11
Last lap Finish	3.25	19:54	6:07	9	3:41	36	5:49	9.75	56:37	5:48	8	6:47	31	14:36