



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Dombrink, Salome

Club: Rechtsanwaltskanzlei Dombrink
Number: 40

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:46

Speed: 10.31 km/h
Running performance: 5:49 min/km

Rank in course/Total: 123 (of 246)

Rank in course/Women: 32 (of 98)

Best time in course: 42:01

Rank in category: 7(of 17)

Best time in the category: 46:36

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	17:41	5:26	7	2:52	31	10:10	3.25	17:41	5:26	7	2:52	31	10:10
Lap 2	3.25	19:34	6:01	8	3:59	38	5:33	6.50	37:15	5:43	8	6:51	33	9:43
Last lap Finish	3.25	19:31	6:00	7	3:32	33	5:26	9.75	56:46	5:49	7	10:10	32	14:45