



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Heinze, Simone

Club: München

Number: 93

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 56:59

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 126 (of 246)

Rank in course/Women: 33 (of 98)

Best time in course: 42:01

Rank in category: 8(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	17:40	5:26	6	2:51	30	10:09	3.25	17:40	5:26	6	2:51	30	10:09
Lap 2	3.25	18:49	5:47	7	3:14	30	4:48	6.50	36:29	5:36	6	6:05	28	8:57
Last lap Finish	3.25	20:30	6:18	9	4:31	44	6:25	9.75	56:59	5:50	8	10:23	33	14:58