



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schirnbacher, Odette

Club: run for fun

Number: 204

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 57:23

Speed: 9.41 km/h

Running performance: 5:53 min/km

Rank in course/Total: 131 (of 246)

Rank in course/Women: 34 (of 98)

Best time in course: 42:01

Rank in category: 3(of 8)

Best time in the category: 42:01

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	18:32	5:42	3	5:17	39	11:01	3.25	18:32	5:42	3	5:17	39	11:01
Lap 2	3.25	19:28	5:59	3	5:11	35	5:27	6.50	38:00	5:50	3	10:28	35	10:28
Last lap Finish	3.25	19:23	5:57	3	4:54	31	5:18	9.75	57:23	5:53	3	15:22	34	15:22