



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Seitz-Adam, Carmen

Club: Wehrshausen

Number: 218

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 42:01

Speed: 12.85 km/h

Running performance: 4:19 min/km

Rank in course/Total: 12 (of 246)

Rank in course/Women: 1 (of 98)

Best time in course: 42:01

Rank in category: 1(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	13:15	4:04	1	-	2	5:44	3.25	13:15	4:04	1	-	2	5:44
Lap 2	3.25	14:17	4:23	1	-	2	0:16	6.50	27:32	4:14	1	-	1	-
Last lap Finish	3.25	14:29	4:27	1	-	2	0:24	9.75	42:01	4:18	1	-	1	-