



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Friedemann, Angelika

Club: Lauf Team Unna

Number: 60

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W65 (65-69 Jahre)

Total time: 58:57

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 148 (of 246)

Rank in course/Women: 40 (of 98)

Best time in course: 42:01

Rank in category: 1(of 1)

Best time in the category: 58:57

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	19:29	5:59	1	-	52	11:58	3.25	19:29	5:59	1	-	52	11:58
Lap 2	3.25	19:23	5:57	1	-	33	5:22	6.50	38:52	5:58	1	-	41	11:20
Last lap Finish	3.25	20:05	6:10	1	-	38	6:00	9.75	58:57	6:02	1	-	40	16:56