



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lauterberg, Teresa

Club: Luckenwalde

Number: 138

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 59:24

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 151 (of 246)

Rank in course/Women: 41 (of 98)

Best time in course: 42:01

Rank in category: 9(of 19)

Best time in the category: 49:50

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 | 19:41 | 6:03 | 11 | 3:58 | 56 | 12:10 | 3.25 | 19:41 | 6:03 | 11 | 3:58 | 56 | 12:10 |
| Lap 2 | 3.25 | 20:00 | 6:09 | 9 | 3:13 | 41 | 5:59 | 6.50 | 39:41 | 6:06 | 9 | 7:09 | 46 | 12:09 |
| Last lap Finish | 3.25 | 19:43 | 6:03 | 8 | 3:30 | 34 | 5:38 | 9.75 | 59:24 | 6:05 | 9 | 9:34 | 41 | 17:23 |