



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: 9.09 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	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		
								km	Time	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