



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hopf, Kristin

Club: Herzog Georg Nachtlauf Meiningen
Number: 104

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 59:39

Speed: 9.05 km/h
Running performance: 6:07 min/km

Rank in course/Total: 152 (of 246)

Rank in course/Women: 42 (of 98)

Best time in course: 42:01

Rank in category: 9(of 17)

Best time in the category: 46:36

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	17:48	5:28	8	2:59	33	10:17	3.25	17:48	5:28	8	2:59	33	10:17
Lap 2	3.25	20:39	6:21	10	5:04	49	6:38	6.50	38:27	5:54	9	8:03	38	10:55
Last lap Finish	3.25	21:12	6:31	11	5:13	48	7:07	9.75	59:39	6:07	9	13:03	42	17:38