



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Spruck, Nicole

Club: Mühlheim

Number: 227

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:00:03

Speed: 8.99 km/h

Running performance: 6:10 min/km

Rank in course/Total: 156 (of 246)

Rank in course/Women: 45 (of 98)

Best time in course: 42:01

Rank in category: 10(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	19:30	6:00	10	4:41	53	11:59	3.25	19:30	6:00	10	4:41	53	11:59
Lap 2	3.25	20:16	6:14	9	4:41	45	6:15	6.50	39:46	6:07	10	9:22	47	12:14
Last lap Finish	3.25	20:17	6:14	8	4:18	43	6:12	9.75	1:00:03	6:09	10	13:27	45	18:02