



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schmitz, Nicole

Club: Team Hohenroda

Number: 208

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:00:02

Speed: 9.00 km/h

Running performance: 6:10 min/km

Rank in course/Total: 155 (of 246)

Rank in course/Women: 44 (of 98)

Best time in course: 42:01

Rank in category: 9(of 11)

Best time in the category: 42:37

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	8	4:59	53	11:59	3.25	19:30	6:00	8	4:59	53	11:59
Lap 2	3.25	20:16	6:14	9	6:15	45	6:15	6.50	39:46	6:07	8	11:14	47	12:14
Last lap Finish	3.25	20:16	6:14	9	6:11	42	6:11	9.75	1:00:02	6:09	9	17:25	44	18:01