



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Heinlein, Simone

Club: Saalfeld

Number: 92

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:00:09

Speed: 8.98 km/h

Running performance: 6:10 min/km

Rank in course/Total: 158 (of 246)

Rank in course/Women: 46 (of 98)

Best time in course: 42:01

Rank in category: 3(of 12)

Best time in the category: 47:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	19:09	5:53	5	11:38	46	11:38	3.25	19:09	5:53	5	11:38	46	11:38
Lap 2	3.25	20:01	6:09	3	4:00	42	6:00	6.50	39:10	6:01	3	7:32	42	11:38
Last lap Finish	3.25	20:59	6:27	3	4:57	45	6:54	9.75	1:00:09	6:10	3	12:29	46	18:08