



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ritz, Uta

Club: Tiefenort

Number: 186

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:02

Speed: 8.70 km/h

Running performance: 6:22 min/km

Rank in course/Total: 171 (of 246)

Rank in course/Women: 51 (of 98)

Best time in course: 42:01

Rank in category: 5(of 8)

Best time in the category: 42:01

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	19:25	5:58	5	6:10	50	11:54	3.25	19:25	5:58	5	6:10	50	11:54
Lap 2	3.25	20:49	6:24	5	6:32	51	6:48	6.50	40:14	6:11	5	12:42	52	12:42
Last lap Finish	3.25	21:48	6:42	5	7:19	54	7:43	9.75	1:02:02	6:21	5	20:01	51	20:01