



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Meyer, Sabine

Club: Artiva Athletix

Number: 154

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:03:19

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 182 (of 246)

Rank in course/Women: 53 (of 98)

Best time in course: 42:01

Rank in category: 12(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	20:24	6:16	12	5:35	60	12:53	3.25	20:24	6:16	12	5:35	60	12:53
Lap 2	3.25	21:29	6:36	13	5:54	54	7:28	6.50	41:53	6:26	12	11:29	55	14:21
Last lap Finish	3.25	21:26	6:35	12	5:27	51	7:21	9.75	1:03:19	6:29	12	16:43	53	21:18