



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Abts, Miriam

Club: BSG Evonik Wesseling e.V.

Number: 1

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:38

Speed: 8.35 km/h

Running performance: 6:38 min/km

Rank in course/Total: 189 (of 246)

Rank in course/Women: 58 (of 98)

Best time in course: 42:01

Rank in category: 11(of 19)

Best time in the category: 49:50

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	4:41	60	12:53	3.25	20:24	6:16	12	4:41	60	12:53
Lap 2	3.25	21:53	6:44	10	5:06	56	7:52	6.50	42:17	6:30	11	9:45	58	14:45
Last lap Finish	3.25	22:21	6:52	11	6:08	57	8:16	9.75	1:04:38	6:37	11	14:48	58	22:37