



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Philipp, Natascha

Club: Bernau

Number: 172

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:05:58

Speed: 8.19 km/h

Running performance: 6:46 min/km

Rank in course/Total: 190 (of 246)

Rank in course/Women: 59 (of 98)

Best time in course: 42:01

Rank in category: 12(of 16)

Best time in the category: 48:13

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	21:05	6:29	12	6:07	65	13:34	3.25	21:05	6:29	12	6:07	65	13:34
Lap 2	3.25	22:28	6:54	12	6:02	59	8:27	6.50	43:33	6:41	12	12:09	64	16:01
Last lap Finish	3.25	22:25	6:53	12	5:56	58	8:20	9.75	1:05:58	6:45	12	17:45	59	23:57