



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Iretskaya, Svetlana

Club: Königswinter

Number: 108

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:06:49

Speed: 8.76 km/h

Running performance: 6:51 min/km

Rank in course/Total: 194 (of 246)

Rank in course/Women: 61 (of 98)

Best time in course: 42:01

Rank in category: 2(of 8)

Best time in the category: 58:56

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	20:21	6:15	2	0:53	59	12:50	3.25	20:21	6:15	2	0:53	59	12:50
Lap 2	3.25	22:27	6:54	2	3:05	58	8:26	6.50	42:48	6:35	2	3:58	60	15:16
Last lap Finish	3.25	24:01	7:23	3	3:55	69	9:56	9.75	1:06:49	6:51	2	7:53	61	24:48