



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schneider, Manuela

Club: TV Frischborn

Number: 210

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:08

Speed: 8.04 km/h

Running performance: 6:53 min/km

Rank in course/Total: 198 (of 246)

Rank in course/Women: 64 (of 98)

Best time in course: 42:01

Rank in category: 6(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	21:37	6:39	6	8:22	68	14:06	3.25	21:37	6:39	6	8:22	68	14:06
Lap 2	3.25	22:31	6:55	6	8:14	60	8:30	6.50	44:08	6:47	6	16:36	67	16:36
Last lap Finish	3.25	23:00	7:04	6	8:31	60	8:55	9.75	1:07:08	6:53	6	25:07	64	25:07