



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kämerow, Iris

Club: TV Frischborn

Number: 116

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:07:09

Speed: 8.71 km/h

Running performance: 6:53 min/km

Rank in course/Total: 199 (of 246)

Rank in course/Women: 65 (of 98)

Best time in course: 42:01

Rank in category: 5(of 12)

Best time in the category: 47:40

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	21:45	6:41	7	14:14	70	14:14	3.25	21:45	6:41	7	14:14	70	14:14
Lap 2	3.25	22:18	6:51	5	6:17	57	8:17	6.50	44:03	6:46	6	12:25	66	16:31
Last lap Finish	3.25	23:06	7:06	5	7:04	61	9:01	9.75	1:07:09	6:53	5	19:29	65	25:08