



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Heußmann, Ines

Club: Gotha

Number: 99

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:11:05

Speed: 7.60 km/h

Running performance: 7:17 min/km

Rank in course/Total: 213 (of 246)

Rank in course/Women: 76 (of 98)

Best time in course: 42:01

Rank in category: 4(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	22:10	6:49	4	2:42	77	14:39	3.25	22:10	6:49	4	2:42	77	14:39
Lap 2	3.25	24:10	7:26	4	4:48	77	10:09	6.50	46:20	7:07	4	7:30	78	18:48
Last lap Finish	3.25	24:45	7:36	4	4:39	78	10:40	9.75	1:11:05	7:17	4	12:09	76	29:04