



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Dyrks, Monika

Club: BSG Evonik Wesseling e.V.

Number: 43

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:11:12

Speed: 7.58 km/h

Running performance: 7:18 min/km

Rank in course/Total: 214 (of 246)

Rank in course/Women: 77 (of 98)

Best time in course: 42:01

Rank in category: 10(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	22:36	6:57	12	15:05	85	15:05	3.25	22:36	6:57	12	15:05	85	15:05
Lap 2	3.25	24:11	7:26	10	8:10	78	10:10	6.50	46:47	7:11	10	15:09	80	19:15
Last lap Finish	3.25	24:25	7:30	9	8:23	76	10:20	9.75	1:11:12	7:18	10	23:32	77	29:11