



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ließfeld, Elgin

Club: Laufftreff VFL Waldbreitbach

Number: 143

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:11:16

Speed: 8.21 km/h

Running performance: 7:19 min/km

Rank in course/Total: 215 (of 246)

Rank in course/Women: 78 (of 98)

Best time in course: 42:01

Rank in category: 7(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.	Pos Women	Behind Women	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.25	22:18	6:51	7	9:03	79	14:47	3.25	22:18	6:51	7	9:03	79	14:47	
Lap 2	3.25	24:41	7:35	8	10:24	85	10:40	6.50	46:59	7:13	7	19:27	82	19:27	
Last lap Finish	3.25	24:17	7:28	7	9:48	74	10:12	9.75	1:11:16	7:18	7	29:15	78	29:15	