



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Nordemann, Venna

Club: Bippener SC

Number: 164

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:11:55

Speed: 7.51 km/h

Running performance: 7:23 min/km

Rank in course/Total: 218 (of 246)

Rank in course/Women: 79 (of 98)

Best time in course: 42:01

Rank in category: 5(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	21:50	6:43	3	2:22	73	14:19	3.25	21:50	6:43	3	2:22	73	14:19
Lap 2	3.25	23:57	7:22	3	4:35	75	9:56	6.50	45:47	7:02	3	6:57	75	18:15
Last lap Finish	3.25	26:08	8:02	5	6:02	84	12:03	9.75	1:11:55	7:22	5	12:59	79	29:54