



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Golek, Miriam

Club: Lauf Team Unna

Number: 73

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:12:41

Speed: 7.43 km/h

Running performance: 7:27 min/km

Rank in course/Total: 220 (of 246)

Rank in course/Women: 81 (of 98)

Best time in course: 42:01

Rank in category: 8(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.	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	22:34	6:56	8	9:19	82	15:03	3.25	22:34	6:56	8	9:19	82	15:03
Lap 2	3.25	24:28	7:31	7	10:11	82	10:27	6.50	47:02	7:14	8	19:30	83	19:30
Last lap Finish	3.25	25:39	7:53	8	11:10	81	11:34	9.75	1:12:41	7:27	8	30:40	81	30:40