



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Katzenberg, Regina

Club: Lauf Team Unna

Number: 119

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:12:41

Speed: 7.43 km/h

Running performance: 7:27 min/km

Rank in course/Total: 221 (of 246)

Rank in course/Women: 81 (of 98)

Best time in course: 42:01

Rank in category: 11(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 | 22:34 | 6:56 | 11 | 15:03 | 82 | 15:03 | 3.25 | 22:34 | 6:56 | 11 | 15:03 | 82 | 15:03 |
| Lap 2 | 3.25 | 24:28 | 7:31 | 11 | 8:27 | 82 | 10:27 | 6.50 | 47:02 | 7:14 | 11 | 15:24 | 83 | 19:30 |
| Last lap Finish | 3.25 | 25:39 | 7:53 | 11 | 9:37 | 81 | 11:34 | 9.75 | 1:12:41 | 7:27 | 11 | 25:01 | 81 | 30:40 |