



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Straube, Carmen

Club: Bad Belzig

Number: 235

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:15:22

Speed: 7.16 km/h

Running performance: 7:44 min/km

Rank in course/Total: 229 (of 246)

Rank in course/Women: 86 (of 98)

Best time in course: 42:01

Rank in category: 16(of 17)

Best time in the category: 46:36

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	22:41	6:58	15	7:52	86	15:10	3.25	22:41	6:58	15	7:52	86	15:10
Lap 2	3.25	25:52	7:57	17	10:17	90	11:51	6.50	48:33	7:28	16	18:09	87	21:01
Last lap Finish	3.25	26:49	8:15	17	10:50	87	12:44	9.75	1:15:22	7:43	16	28:46	86	33:21