



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gockel, Angela

Club: Salzkotten-Scharmede

Number: 70

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:24:33

Speed: 6.39 km/h

Running performance: 8:40 min/km

Rank in course/Total: 237 (of 246)

Rank in course/Women: 92 (of 98)

Best time in course: 42:01

Rank in category: 16(of 16)

Best time in the category: 48:13

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		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	26:05	8:01	16	11:07	95	18:34	3.25	26:05	8:01	16	11:07	95	18:34				
Lap 2	3.25	29:04	8:56	16	12:38	95	15:03	6.50	55:09	8:29	16	23:45	94	27:37				
Last lap Finish	3.25	29:24	9:02	16	12:55	92	15:19	9.75	1:24:33	8:40	16	36:20	92	42:32				