



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lindenberger, Monika

Club: Kronach

Number: 144

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 46:36

Speed: 11.59 km/h

Running performance: 4:47 min/km

Rank in course/Total: 33 (of 246)

Rank in course/Women: 3 (of 98)

Best time in course: 42:01

Rank in category: 1(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	14:49	4:33	1	-	4	7:18	3.25	14:49	4:33	1	-	4	7:18
Lap 2	3.25	15:35	4:47	1	-	3	1:34	6.50	30:24	4:40	1	-	3	2:52
Last lap Finish	3.25	16:12	4:59	2	0:13	6	2:07	9.75	46:36	4:46	1	-	3	4:35