



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Löffler, Natalie

Club: ASC Marktrodach

Number: 145

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 47:33

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 40 (of 246)

Rank in course/Women: 5 (of 98)

Best time in course: 42:01

Rank in category: 3(of 17)

Best time in the category: 46:36

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	15:26	4:44	3	0:37	9	7:55	3.25	15:26	4:44	3	0:37	9	7:55
Lap 2	3.25	16:08	4:57	3	0:33	6	2:07	6.50	31:34	4:51	3	1:10	6	4:02
Last lap Finish	3.25	15:59	4:55	1	-	4	1:54	9.75	47:33	4:52	3	0:57	5	5:32