



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Stanik, Catharina

Club: Hawk Lake Runners

Number: 229

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 47:06

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 36 (of 246)

Rank in course/Women: 4 (of 98)

Best time in course: 42:01

Rank in category: 2(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	14:49	4:33	1	-	4	7:18	3.25	14:49	4:33	1	-	4	7:18
Lap 2	3.25	16:02	4:56	2	0:27	5	2:01	6.50	30:51	4:44	2	0:27	4	3:19
Last lap Finish	3.25	16:15	5:00	3	0:16	8	2:10	9.75	47:06	4:49	2	0:30	4	5:05