



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Koch, Nadine**

Club: FTSV Heckershausen

Number: 124

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 48:13

Speed: 11.20 km/h

Running performance: 4:57 min/km

Rank in course/Total: 46 (of 246)

Rank in course/Women: 8 (of 98)

Best time in course: 42:01

Rank in category: 1(of 16)

Best time in the category: 48:13

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 3.25        | 14:58         | 4:36            | 1           | -              | 6            | 7:27            | 3.25          | 14:58         | 4:36            | 1           | -              | 6            | 7:27            |
| Lap 2           | 3.25        | 16:26         | 5:03            | 1           | -              | 8            | 2:25            | 6.50          | 31:24         | 4:49            | 1           | -              | 5            | 3:52            |
| Last lap Finish | 3.25        | 16:49         | 5:10            | 3           | 0:20           | 13           | 2:44            | 9.75          | 48:13         | 4:56            | 1           | -              | 8            | 6:12            |