



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

De Rijcke, Annekarlijn

Club: Scrambled Legs

Number: 36

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 49:50

Speed: 10.84 km/h

Running performance: 5:07 min/km

Rank in course/Total: 59 (of 246)

Rank in course/Women: 12 (of 98)

Best time in course: 42:01

Rank in category: 1(of 19)

Best time in the category: 49:50

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	16:10	4:58	3	0:27	17	8:39	3.25	16:10	4:58	3	0:27	17	8:39
Lap 2	3.25	16:47	5:09	1	-	10	2:46	6.50	32:57	5:04	2	0:25	13	5:25
Last lap Finish	3.25	16:53	5:11	2	0:40	14	2:48	9.75	49:50	5:06	1	-	12	7:49