



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Brüggebös, Mandy

Club: Mücheln

Number: 28

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 49:51

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 60 (of 246)

Rank in course/Women: 13 (of 98)

Best time in course: 42:01

Rank in category: 2(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	15:43	4:50	1	-	12	8:12	3.25	15:43	4:50	1	-	12	8:12
Lap 2	3.25	16:49	5:10	2	0:02	11	2:48	6.50	32:32	5:00	1	-	11	5:00
Last lap Finish	3.25	17:19	5:19	3	1:06	18	3:14	9.75	49:51	5:06	2	0:01	13	7:50