



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Pfau, Michaela

Club: Rotenburg

Number: 171

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 50:28

Speed: 10.70 km/h

Running performance: 5:11 min/km

Rank in course/Total: 67 (of 246)

Rank in course/Women: 17 (of 98)

Best time in course: 42:01

Rank in category: 2(of 8)

Best time in the category: 42:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	16:51	5:11	2	3:36	24	9:20	3.25	16:51	5:11	2	3:36	24	9:20
Lap 2	3.25	16:51	5:11	2	2:34	13	2:50	6.50	33:42	5:11	2	6:10	18	6:10
Last lap Finish	3.25	16:46	5:09	2	2:17	12	2:41	9.75	50:28	5:10	2	8:27	17	8:27