



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hackett, Larissa

Club: Hannover

Number: 83

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 50:21

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 65 (of 246)

Rank in course/Women: 15 (of 98)

Best time in course: 42:01

Rank in category: 4(of 16)

Best time in the category: 48:13

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	15:59	4:55	3	1:01	14	8:28	3.25	15:59	4:55	3	1:01	14	8:28
Lap 2	3.25	16:59	5:13	3	0:33	15	2:58	6.50	32:58	5:04	3	1:34	14	5:26
Last lap Finish	3.25	17:23	5:20	6	0:54	19	3:18	9.75	50:21	5:09	4	2:08	15	8:20