



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

Ryndak, Karolina

Club: Fishguin

Number: 192

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 50:44

Speed: 10.64 km/h

Running performance: 5:12 min/km

Rank in course/Total: 70 (of 246)

Rank in course/Women: 19 (of 98)

Best time in course: 42:01

Rank in category: 5(of 16)

Best time in the category: 48:13

### 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	16:40	5:07	6	1:42	22	9:09	3.25	16:40	5:07	6	1:42	22	9:09
Lap 2	3.25	17:21	5:20	5	0:55	19	3:20	6.50	34:01	5:14	5	2:37	19	6:29
Last lap Finish	3.25	16:43	5:08	2	0:14	11	2:38	9.75	50:44	5:12	5	2:31	19	8:43