



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: 11.53 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 | 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 | 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 |