



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Berzen, Katja

Club: VfB Torpedo Ichttershausen

Number: 12

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 52:30

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 85 (of 246)

Rank in course/Women: 23 (of 98)

Best time in course: 42:01

Rank in category: 5(of 17)

Best time in the category: 46:36

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 Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	16:27	5:03	5	1:38	21	8:56	3.25	16:27	5:03	5	1:38	21	8:56				
Lap 2	3.25	18:10	5:35	5	2:35	24	4:09	6.50	34:37	5:19	5	4:13	23	7:05				
Last lap Finish	3.25	17:53	5:30	5	1:54	23	3:48	9.75	52:30	5:23	5	5:54	23	10:29				