



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Brückner, Manuela

Club: Bergkiller

Number: 24

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 56:56

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 107 (of 220)

Rank in course/Women: 30 (of 94)

Best time in course: 40:57

Rank in category: 6(of 18)

Best time in the category: 45:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	3.25	18:27	5:40	6	4:30	30	5:30	3.25	18:27	5:40	6	4:30	30	5:30
Lap 2	3.25	19:19	5:56	6	3:54	32	19:18	6.50	37:46	5:48	6	8:24	28	20:48
Last lap Finish	3.25	19:10	5:53	6	3:09	32	5:04	9.75	56:56	5:50	6	11:33	30	15:59