



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Höpfner, Sewera

Club: Wildeck

Number: 96

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 57:17

Speed: 9.43 km/h

Running performance: 5:53 min/km

Rank in course/Total: 112 (of 220)

Rank in course/Women: 34 (of 94)

Best time in course: 40:57

Rank in category: 6(of 19)

Best time in the category: 49:24

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	19:20	5:56	7	3:01	45	6:23	3.25	19:20	5:56	7	3:01	45	6:23
Lap 2	3.25	18:56	5:49	6	2:29	26	18:55	6.50	38:16	5:53	7	5:30	36	21:18
Last lap Finish	3.25	19:01	5:51	6	2:23	31	4:55	9.75	57:17	5:52	6	7:53	34	16:20