



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schubert, Nicole

Club: Harzer Keiler e.V.

Number: 219

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 57:14

Speed: 9.44 km/h

Running performance: 5:52 min/km

Rank in course/Total: 110 (of 220)

Rank in course/Women: 33 (of 94)

Best time in course: 40:57

Rank in category: 6(of 15)

Best time in the category: 52:32

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	18:40	5:44	7	1:27	33	5:43	3.25	18:40	5:44	7	1:27	33	5:43
Lap 2	3.25	19:38	6:02	6	1:51	37	19:37	6.50	38:18	5:53	6	3:15	37	21:20
Last lap Finish	3.25	18:56	5:49	6	1:27	28	4:50	9.75	57:14	5:52	6	4:42	33	16:17