



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Myrach, Katrin

Club: Berlin
Number: 167

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 59:46

Speed: 9.04 km/h
Running performance: 6:08 min/km

Rank in course/Total: 125 (of 220)

Rank in course/Women: 43 (of 94)

Best time in course: 40:57

Rank in category: 8(of 15)

Best time in the category: 52:32

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	18:25	5:40	6	1:12	29	5:28	3.25	18:25	5:40	6	1:12	29	5:28
Lap 2	3.25	20:31	6:18	8	2:44	43	20:30	6.50	38:56	5:59	8	3:53	42	21:58
Last lap Finish	3.25	20:50	6:24	8	3:21	45	6:44	9.75	59:46	6:07	8	7:14	43	18:49