



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hennig, Nadja

Club: TSV Dresden

Number: 88

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 59:04

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 122 (of 220)

Rank in course/Women: 41 (of 94)

Best time in course: 40:57

Rank in category: 3(of 12)

Best time in the category: 52:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	19:17	5:56	2	1:41	42	6:20	3.25	19:17	5:56	2	1:41	42	6:20
Lap 2	3.25	22:18	6:51	6	4:43	67	22:17	6.50	41:35	6:23	4	6:24	54	24:37
Last lap Finish	3.25	17:29	5:22	1	-	10	3:23	9.75	59:04	6:03	3	6:05	41	18:07