



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Koch, Sarah

Club: Paderborn

Number: 119

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:00:47

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 133 (of 220)

Rank in course/Women: 45 (of 94)

Best time in course: 40:57

Rank in category: 10(of 15)

Best time in the category: 48:35

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	19:23	5:57	10	2:57	48	6:26	3.25	19:23	5:57	10	2:57	48	6:26
Lap 2	3.25	20:47	6:23	10	4:47	46	20:46	6.50	40:10	6:10	10	7:44	46	23:12
Last lap Finish	3.25	20:37	6:20	10	4:28	44	6:31	9.75	1:00:47	6:14	10	12:12	45	19:50