



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Koch, Susi

Club: Leverkusen

Number: 120

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:20

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 137 (of 220)

Rank in course/Women: 48 (of 94)

Best time in course: 40:57

Rank in category: 9(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	19:35	6:01	11	2:22	53	6:38	3.25	19:35	6:01	11	2:22	53	6:38
Lap 2	3.25	20:34	6:19	9	2:47	44	20:33	6.50	40:09	6:10	9	5:06	45	23:11
Last lap Finish	3.25	21:11	6:31	9	3:42	51	7:05	9.75	1:01:20	6:17	9	8:48	48	20:23