



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Soares, Heike

Club: SV Reelsen

Number: 230

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:01:51

Speed: 8.73 km/h

Running performance: 6:20 min/km

Rank in course/Total: 141 (of 220)

Rank in course/Women: 49 (of 94)

Best time in course: 40:57

Rank in category: 10(of 19)

Best time in the category: 49:24

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	19:26	5:58	9	3:07	51	6:29	3.25	19:26	5:58	9	3:07	51	6:29
Lap 2	3.25	21:20	6:33	10	4:53	49	21:19	6.50	40:46	6:16	10	8:00	49	23:48
Last lap Finish	3.25	21:05	6:29	10	4:27	49	6:59	9.75	1:01:51	6:20	10	12:27	49	20:54