



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kirchner, Manuela

Club: SSV Erzgebirge e.V.

Number: 109

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:49

Speed: 8.60 km/h

Running performance: 6:26 min/km

Rank in course/Total: 144 (of 220)

Rank in course/Women: 51 (of 94)

Best time in course: 40:57

Rank in category: 10(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	19:25	5:58	9	2:12	49	6:28	3.25	19:25	5:58	9	2:12	49	6:28
Lap 2	3.25	21:29	6:36	10	3:42	50	21:28	6.50	40:54	6:17	10	5:51	50	23:56
Last lap Finish	3.25	21:55	6:44	10	4:26	60	7:49	9.75	1:02:49	6:26	10	10:17	51	21:52