



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Möller, Nancy

Club: Wildeck

Number: 156

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:03:21

Speed: 8.52 km/h

Running performance: 6:30 min/km

Rank in course/Total: 151 (of 220)

Rank in course/Women: 55 (of 94)

Best time in course: 40:57

Rank in category: 11(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	20:24	6:16	11	3:58	58	7:27	3.25	20:24	6:16	11	3:58	58	7:27
Lap 2	3.25	21:40	6:40	12	5:40	55	21:39	6.50	42:04	6:28	11	9:38	56	25:06
Last lap Finish	3.25	21:17	6:32	11	5:08	53	7:11	9.75	1:03:21	6:29	11	14:46	55	22:24