



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: 9.23 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 | 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 | 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 |