



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Malsch, Kerstin

Club: Hamburg

Number: 144

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:03:59

Speed: 8.44 km/h

Running performance: 6:34 min/km

Rank in course/Total: 159 (of 220)

Rank in course/Women: 58 (of 94)

Best time in course: 40:57

Rank in category: 10(of 18)

Best time in the category: 45:23

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	20:18	6:14	11	6:21	57	7:21	3.25	20:18	6:14	11	6:21	57	7:21
Lap 2	3.25	21:09	6:30	9	5:44	47	21:08	6.50	41:27	6:22	10	12:05	53	24:29
Last lap Finish	3.25	22:32	6:56	13	6:31	65	8:26	9.75	1:03:59	6:33	10	18:36	58	23:02