



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Semelink, Beate

Club: Warburger SV

Number: 225

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:03:27

Speed: 8.51 km/h

Running performance: 6:31 min/km

Rank in course/Total: 152 (of 220)

Rank in course/Women: 56 (of 94)

Best time in course: 40:57

Rank in category: 11(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	20:42	6:22	12	4:23	61	7:45	3.25	20:42	6:22	12	4:23	61	7:45
Lap 2	3.25	21:36	6:38	11	5:09	54	21:35	6.50	42:18	6:30	12	9:32	59	25:20
Last lap Finish	3.25	21:09	6:30	11	4:31	50	7:03	9.75	1:03:27	6:30	11	14:03	56	22:30