



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Heinlein, Simone

Club: Saalfeld

Number: 86

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:03:44

Speed: 8.47 km/h

Running performance: 6:32 min/km

Rank in course/Total: 155 (of 220)

Rank in course/Women: 57 (of 94)

Best time in course: 40:57

Rank in category: 4(of 12)

Best time in the category: 52:59

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	19:19	5:56	4	1:43	44	6:22	3.25	19:19	5:56	4	1:43	44	6:22
Lap 2	3.25	21:40	6:40	3	4:05	55	21:39	6.50	40:59	6:18	3	5:48	52	24:01
Last lap Finish	3.25	22:45	7:00	6	5:16	67	8:39	9.75	1:03:44	6:32	4	10:45	57	22:47