



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Steffi, Frank

Club: Ausdauerschule by bunert

Number: 189

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:04:33

Speed: 8.37 km/h

Running performance: 6:37 min/km

Rank in course/Total: 162 (of 220)

Rank in course/Women: 60 (of 94)

Best time in course: 40:57

Rank in category: 12(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	21:35	6:38	14	5:09	69	8:38	3.25	21:35	6:38	14	5:09	69	8:38
Lap 2	3.25	21:30	6:36	11	5:30	52	21:29	6.50	43:05	6:37	13	10:39	62	26:07
Last lap Finish	3.25	21:28	6:36	12	5:19	55	7:22	9.75	1:04:33	6:37	12	15:58	60	23:36