



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lorenz, Kerstin

Club: Schleiz

Number: 140

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:03

Speed: 8.99 km/h

Running performance: 6:40 min/km

Rank in course/Total: 165 (of 220)

Rank in course/Women: 63 (of 94)

Best time in course: 40:57

Rank in category: 12(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	20:25	6:16	11	4:06	59	7:28	3.25	20:25	6:16	11	4:06	59	7:28
Lap 2	3.25	21:49	6:42	12	5:22	61	21:48	6.50	42:14	6:29	11	9:28	57	25:16
Last lap Finish	3.25	22:49	7:01	12	6:11	68	8:43	9.75	1:05:03	6:40	12	15:39	63	24:06