



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Sommer, Denise

Club: Harzer Keiler e.V.

Number: 232

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:05:25

Speed: 8.94 km/h

Running performance: 6:43 min/km

Rank in course/Total: 170 (of 220)

Rank in course/Women: 66 (of 94)

Best time in course: 40:57

Rank in category: 14(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	20:43	6:22	12	4:17	62	7:46	3.25	20:43	6:22	12	4:17	62	7:46
Lap 2	3.25	22:12	6:49	13	6:12	65	22:11	6.50	42:55	6:36	12	10:29	60	25:57
Last lap Finish	3.25	22:30	6:55	14	6:21	64	8:24	9.75	1:05:25	6:42	14	16:50	66	24:28