



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Nordemann, Venna

Club: Bippener SC

Number: 171

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:05:51

Speed: 8.20 km/h

Running performance: 6:45 min/km

Rank in course/Total: 173 (of 220)

Rank in course/Women: 67 (of 94)

Best time in course: 40:57

Rank in category: 6(of 12)

Best time in the category: 52:59

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 3.25 | 21:20 | 6:33 | 7 | 3:44 | 65 | 8:23 | 3.25 | 21:20 | 6:33 | 7 | 3:44 | 65 | 8:23 |
| Lap 2 | 3.25 | 22:13 | 6:50 | 5 | 4:38 | 66 | 22:12 | 6.50 | 43:33 | 6:41 | 6 | 8:22 | 67 | 26:35 |
| Last lap Finish | 3.25 | 22:18 | 6:51 | 4 | 4:49 | 63 | 8:12 | 9.75 | 1:05:51 | 6:45 | 6 | 12:52 | 67 | 24:54 |