



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: 8.88 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