



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

### Sperling, Nadine

Club: Lauffreunde HADI Wesel

Number: 513

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:54

Speed: 8.88 km/h

Running performance: 6:46 min/km

Rank in course/Total: 175 (of 220)

Rank in course/Women: 68 (of 94)

Best time in course: 40:57

Rank in category: 13(of 18)

Best time in the category: 45:23

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 3.25        | 22:29         | 6:55            | 15          | 8:32           | 79           | 9:32            | 3.25          | 22:29         | 6:55            | 15          | 8:32           | 79           | 9:32            |
| Lap 2           | 3.25        | 21:58         | 6:45            | 12          | 6:33           | 62           | 21:57           | 6.50          | 44:27         | 6:50            | 14          | 15:05          | 71           | 27:29           |
| Last lap Finish | 3.25        | 21:27         | 6:35            | 10          | 5:26           | 54           | 7:21            | 9.75          | 1:05:54       | 6:45            | 13          | 20:31          | 68           | 24:57           |