



# 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: 8.19 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 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	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