



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kirchner, Kristina

Club: stahl hennigsdorf

Number: 108

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:07:14

Speed: 8.70 km/h

Running performance: 6:54 min/km

Rank in course/Total: 182 (of 220)

Rank in course/Women: 71 (of 94)

Best time in course: 40:57

Rank in category: 7(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	19:55	6:07	5	2:19	54	6:58	3.25	19:55	6:07	5	2:19	54	6:58
Lap 2	3.25	23:49	7:19	9	6:14	74	23:48	6.50	43:44	6:43	7	8:33	69	26:46
Last lap Finish	3.25	23:30	7:13	7	6:01	71	9:24	9.75	1:07:14	6:53	7	14:15	71	26:17