



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Siefert, Melanie

Club: BSG Evonik Rheinland e.V.

Number: 41

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:16:44

Speed: 7.04 km/h

Running performance: 7:52 min/km

Rank in course/Total: 208 (of 220)

Rank in course/Women: 86 (of 94)

Best time in course: 40:57

Rank in category: 15(of 15)

Best time in the category: 52:32

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	23:21	7:11	15	6:08	87	10:24	3.25	23:21	7:11	15	6:08	87	10:24
Lap 2	3.25	25:49	7:56	15	8:02	87	25:48	6.50	49:10	7:33	15	14:07	87	32:12
Last lap Finish	3.25	27:34	8:28	15	10:05	86	13:28	9.75	1:16:44	7:52	15	24:12	86	35:47