



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Koppi, Nicole

Club: Hauptsache Spaß haben

Number: 121

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:12:22

Speed: 8.08 km/h

Running performance: 7:25 min/km

Rank in course/Total: 200 (of 220)

Rank in course/Women: 81 (of 94)

Best time in course: 40:57

Rank in category: 15(of 18)

Best time in the category: 45:23

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	23:20	7:10	18	9:23	85	10:23	3.25	23:20	7:10	18	9:23	85	10:23
Lap 2	3.25	24:40	7:35	16	9:15	83	24:39	6.50	48:00	7:23	16	18:38	83	31:02
Last lap Finish	3.25	24:22	7:29	15	8:21	78	10:16	9.75	1:12:22	7:25	15	26:59	81	31:25