



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krause, Carina

Club: Rodgau

Number: 124

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:13:38

Speed: 7.94 km/h

Running performance: 7:33 min/km

Rank in course/Total: 206 (of 220)

Rank in course/Women: 83 (of 94)

Best time in course: 40:57

Rank in category: 14(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	23:17	7:09	14	6:04	83	10:20	3.25	23:17	7:09	14	6:04	83	10:20
Lap 2	3.25	24:52	7:39	14	7:05	84	24:51	6.50	48:09	7:24	14	13:06	84	31:11
Last lap Finish	3.25	25:29	7:50	14	8:00	81	11:23	9.75	1:13:38	7:33	14	21:06	83	32:41