



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Spilker, Geesche

Club: Aalen
Number: 233

Course: 9.75 km
10 km Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:11:06

Speed: 8.23 km/h
Running performance: 7:17 min/km

Rank in course/Total: 195 (of 220)

Rank in course/Women: 79 (of 94)

Best time in course: 40:57

Rank in category: 14(of 19)

Best time in the category: 49:24

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	23:22	7:11	15	7:03	88	10:25	3.25	23:22	7:11	15	7:03	88	10:25
Lap 2	3.25	23:52	7:20	14	7:25	75	23:51	6.50	47:14	7:15	14	14:28	82	30:16
Last lap Finish	3.25	23:52	7:20	14	7:14	73	9:46	9.75	1:11:06	7:17	14	21:42	79	30:09