



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Meyer, Sabine

Club: ARTIVA SPORTS

Number: 200

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:22

Speed: 8.31 km/h

Running performance: 7:13 min/km

Rank in course/Total: 189 (of 220)

Rank in course/Women: 76 (of 94)

Best time in course: 40:57

Rank in category: 13(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	21:53	6:44	12	4:40	71	8:56	3.25	21:53	6:44	12	4:40	71	8:56
Lap 2	3.25	24:24	7:30	13	6:37	79	24:23	6.50	46:17	7:07	13	11:14	77	29:19
Last lap Finish	3.25	24:05	7:24	12	6:36	74	9:59	9.75	1:10:22	7:13	13	17:50	76	29:25