



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Heußmann, Ines

Club: Gotha

Number: 90

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:16:25

Speed: 7.66 km/h

Running performance: 7:50 min/km

Rank in course/Total: 207 (of 220)

Rank in course/Women: 85 (of 94)

Best time in course: 40:57

Rank in category: 11(of 12)

Best time in the category: 52:59

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	24:20	7:29	11	6:44	89	11:23	3.25	24:20	7:29	11	6:44	89	11:23
Lap 2	3.25	26:01	8:00	11	8:26	89	26:00	6.50	50:21	7:44	11	15:10	89	33:23
Last lap Finish	3.25	26:04	8:01	11	8:35	84	11:58	9.75	1:16:25	7:50	11	23:26	85	35:28