



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hahnen, Frauke

Club: Lauf Team Unna

Number: 77

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:16:44

Speed: 7.62 km/h

Running performance: 7:52 min/km

Rank in course/Total: 209 (of 220)

Rank in course/Women: 86 (of 94)

Best time in course: 40:57

Rank in category: 15(of 19)

Best time in the category: 49:24

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	25:32	7:51	16	9:13	90	12:35	3.25	25:32	7:51	16	9:13	90	12:35
Lap 2	3.25	25:29	7:50	15	9:02	86	25:28	6.50	51:01	7:50	16	18:15	90	34:03
Last lap Finish	3.25	25:43	7:54	15	9:05	83	11:37	9.75	1:16:44	7:52	15	27:20	86	35:47