



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dyrks, Monika

Club: BSG Evonik Rheinland e.V.

Number: 40

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:16:44

Speed: 7.04 km/h

Running performance: 7:52 min/km

Rank in course/Total: 210 (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	23:20	7:10	14	7:01	85	10:23	3.25	23:20	7:10	14	7:01	85	10:23
Lap 2	3.25	25:50	7:56	16	9:23	88	25:49	6.50	49:10	7:33	15	16:24	87	32:12
Last lap Finish	3.25	27:34	8:28	16	10:56	86	13:28	9.75	1:16:44	7:52	15	27:20	86	35:47