



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**KRZYWAK, ANNA**

Club: GORZÓW WLKP.

Number: 126

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:12:47

Speed: 8.04 km/h

Running performance: 7:28 min/km

Rank in course/Total: 201 (of 220)

Rank in course/Women: 82 (of 94)

Best time in course: 40:57

Rank in category: 16(of 18)

Best time in the category: 45:23

### 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	22:05	6:47	14	8:08	73	9:08	3.25	22:05	6:47	14	8:08	73	9:08
Lap 2	3.25	24:28	7:31	15	9:03	80	24:27	6.50	46:33	7:09	15	17:11	78	29:35
Last lap Finish	3.25	26:14	8:04	17	10:13	85	12:08	9.75	1:12:47	7:27	16	27:24	82	31:50