



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Pilz- Renne, Heike

Club: Bad Freienwalde

Number: 180

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:30:23

Speed: 5.97 km/h

Running performance: 9:16 min/km

Rank in course/Total: 215 (of 220)

Rank in course/Women: 92 (of 94)

Best time in course: 40:57

Rank in category: 12(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	29:23	9:02	12	11:47	94	16:26	3.25	29:23	9:02	12	11:47	94	16:26
Lap 2	3.25	30:09	9:16	12	12:34	92	30:08	6.50	59:32	9:09	12	24:21	94	42:34
Last lap Finish	3.25	30:51	9:29	12	13:22	91	16:45	9.75	1:30:23	9:16	12	37:24	92	49:26