



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bonnemann, Kerstin

Club: SLOW MOTION Endurance Team

Number: 17

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:37:34

Speed: 5.53 km/h

Running performance: 10:01 min/km

Rank in course/Total: 218 (of 220)

Rank in course/Women: 94 (of 94)

Best time in course: 40:57

Rank in category: 19(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	25:47	7:56	17	9:28	91	12:50	3.25	25:47	7:56	17	9:28	91	12:50
Lap 2	3.25	30:42	9:26	19	14:15	94	30:41	6.50	56:29	8:41	18	23:43	92	39:31
Last lap Finish	3.25	41:05	12:38	19	24:27	94	26:59	9.75	1:37:34	10:00	19	48:10	94	56:37