



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: 6.00 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 | 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 | 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 |