



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schlichtig, Ursula

Club: DJK Teutonia Gaustadt

Number: 210

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:09:56

Speed: 8.37 km/h

Running performance: 7:10 min/km

Rank in course/Total: 187 (of 220)

Rank in course/Women: 74 (of 94)

Best time in course: 40:57

Rank in category: 9(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	21:32	6:37	8	3:56	68	8:35	3.25	21:32	6:37	8	3:56	68	8:35
Lap 2	3.25	23:41	7:17	8	6:06	73	23:40	6.50	45:13	6:57	8	10:02	72	28:15
Last lap Finish	3.25	24:43	7:36	10	7:14	79	10:37	9.75	1:09:56	7:10	9	16:57	74	28:59