



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Sponheimer, Andrea

Club: ULT Heustadlwasser

Number: 235

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 49:24

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 41 (of 220)

Rank in course/Women: 6 (of 94)

Best time in course: 40:57

Rank in category: 1(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	16:19	5:01	1	-	8	3:22	3.25	16:19	5:01	1	-	8	3:22
Lap 2	3.25	16:27	5:03	1	-	7	16:26	6.50	32:46	5:02	1	-	7	15:48
Last lap Finish	3.25	16:38	5:07	1	-	6	2:32	9.75	49:24	5:03	1	-	6	8:27