



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kisling, Claudia

Club: LG Vellmar

Number: 110

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 51:54

Speed: 10.40 km/h

Running performance: 5:19 min/km

Rank in course/Total: 57 (of 220)

Rank in course/Women: 10 (of 94)

Best time in course: 40:57

Rank in category: 3(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	16:31	5:04	3	0:12	11	3:34	3.25	16:31	5:04	3	0:12	11	3:34
Lap 2	3.25	17:36	5:24	3	1:09	11	17:35	6.50	34:07	5:14	3	1:21	10	17:09
Last lap Finish	3.25	17:47	5:28	3	1:09	14	3:41	9.75	51:54	5:19	3	2:30	10	10:57