



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Panzer, Alexandra

Club: DJK SC Vorra

Number: 176

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 52:32

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 63 (of 220)

Rank in course/Women: 12 (of 94)

Best time in course: 40:57

Rank in category: 1(of 15)

Best time in the category: 52:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	3.25	17:13	5:17	1	-	15	4:16	3.25	17:13	5:17	1	-	15	4:16	
Lap 2	3.25	17:50	5:29	2	0:03	15	17:49	6.50	35:03	5:23	1	-	14	18:05	
Last lap Finish	3.25	17:29	5:22	1	-	10	3:23	9.75	52:32	5:23	1	-	12	11:35	