



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schilling, Nicole

Club: LC MARATHON ROTENBURG

Number: 205

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 54:21

Speed: 10.76 km/h

Running performance: 5:34 min/km

Rank in course/Total: 83 (of 220)

Rank in course/Women: 19 (of 94)

Best time in course: 40:57

Rank in category: 3(of 15)

Best time in the category: 52:32

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 | 17:53 | 5:30 | 3 | 0:40 | 20 | 4:56 | 3.25 | 17:53 | 5:30 | 3 | 0:40 | 20 | 4:56 |
| Lap 2 | 3.25 | 18:18 | 5:37 | 3 | 0:31 | 21 | 18:17 | 6.50 | 36:11 | 5:33 | 4 | 1:08 | 19 | 19:13 |
| Last lap Finish | 3.25 | 18:10 | 5:35 | 3 | 0:41 | 21 | 4:04 | 9.75 | 54:21 | 5:34 | 3 | 1:49 | 19 | 13:24 |