



# 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: 9.94 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	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	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