



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Golis, Tina

Club: Pfinztal

Number: 65

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 53:15

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 73 (of 220)

Rank in course/Women: 16 (of 94)

Best time in course: 40:57

Rank in category: 3(of 15)

Best time in the category: 48:35

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	17:47	5:28	4	1:21	19	4:50	3.25	17:47	5:28	4	1:21	19	4:50
Lap 2	3.25	18:01	5:32	3	2:01	17	18:00	6.50	35:48	5:30	2	3:22	16	18:50
Last lap Finish	3.25	17:27	5:22	3	1:18	8	3:21	9.75	53:15	5:27	3	4:40	16	12:18