



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Illes, Eva

Club: LG Vellmar

Number: 97

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 54:25

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 84 (of 220)

Rank in course/Women: 20 (of 94)

Best time in course: 40:57

Rank in category: 3(of 6)

Best time in the category: 40:57

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	18:07	5:34	3	5:10	21	5:10	3.25	18:07	5:34	3	5:10	21	5:10
Lap 2	3.25	18:19	5:38	3	4:25	22	18:18	6.50	36:26	5:36	3	9:35	22	19:28
Last lap Finish	3.25	17:59	5:31	2	3:53	19	3:53	9.75	54:25	5:34	3	13:28	20	13:28