



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Meischner, Nadine

Club: Neundorf

Number: 145

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 55:17

Speed: 9.77 km/h

Running performance: 5:40 min/km

Rank in course/Total: 92 (of 220)

Rank in course/Women: 23 (of 94)

Best time in course: 40:57

Rank in category: 4(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	17:07	5:15	2	0:41	14	4:10	3.25	17:07	5:15	2	0:41	14	4:10
Lap 2	3.25	19:24	5:58	7	3:24	34	19:23	6.50	36:31	5:37	4	4:05	23	19:33
Last lap Finish	3.25	18:46	5:46	4	2:37	25	4:40	9.75	55:17	5:40	4	6:42	23	14:20