



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Klowersa, Susanne

Club: Bippen

Number: 112

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 55:34

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 93 (of 220)

Rank in course/Women: 24 (of 94)

Best time in course: 40:57

Rank in category: 5(of 18)

Best time in the category: 45:23

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	19:20	5:56	9	5:23	45	6:23	3.25	19:20	5:56	9	5:23	45	6:23
Lap 2	3.25	18:13	5:36	5	2:48	20	18:12	6.50	37:33	5:46	5	8:11	26	20:35
Last lap Finish	3.25	18:01	5:32	5	2:00	20	3:55	9.75	55:34	5:41	5	10:11	24	14:37