



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Reschke, Janine

Club: Isernhagen

Number: 151

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 57:23

Speed: 9.41 km/h

Running performance: 5:53 min/km

Rank in course/Total: 113 (of 181)

Rank in course/Women: 25 (of 59)

Best time in course: 39:58

Rank in category: 4(of 7)

Best time in the category: 47:58

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	17:57	5:31	4	2:42	23	4:44	3.25	17:57	5:31	4	2:42	23	4:44
Lap 2	3.25	19:23	5:57	4	3:05	24	6:02	6.50	37:20	5:44	4	5:47	23	10:46
Last lap Finish	3.25	20:03	6:10	4	3:38	34	6:39	9.75	57:23	5:53	4	9:25	25	17:25