



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Miller, Jana

Club: Maisach

Number: 120

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:35

Speed: 9.50 km/h

Running performance: 6:19 min/km

Rank in course/Total: 141 (of 181)

Rank in course/Women: 39 (of 59)

Best time in course: 39:58

Rank in category: 8(of 9)

Best time in the category: 47:15

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	20:31	6:18	8	5:08	43	7:18	3.25	20:31	6:18	8	5:08	43	7:18
Lap 2	3.25	20:44	6:22	8	4:58	40	7:23	6.50	41:15	6:20	8	10:06	39	14:41
Last lap Finish	3.25	20:20	6:15	7	4:22	39	6:56	9.75	1:01:35	6:18	8	14:20	39	21:37