



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Jäger, Katrin

Club: Panketal

Number: 74

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:19:15

Speed: 7.38 km/h

Running performance: 8:08 min/km

Rank in course/Total: 180 (of 181)

Rank in course/Women: 59 (of 59)

Best time in course: 39:58

Rank in category: 9(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	24:38	7:34	9	9:15	58	11:25	3.25	24:38	7:34	9	9:15	58	11:25
Lap 2	3.25	26:44	8:13	9	10:58	59	13:23	6.50	51:22	7:54	9	20:13	59	24:48
Last lap Finish	3.25	27:53	8:34	9	11:55	58	14:29	9.75	1:19:15	8:07	9	32:00	59	39:17