



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Geisemeier, Janna

Club: LC Solbad Ravensberg

Number: 44

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 44:48

Speed: 12.05 km/h

Running performance: 4:35 min/km

Rank in course/Total: 28 (of 181)

Rank in course/Women: 2 (of 59)

Best time in course: 39:58

Rank in category: 2(of 13)

Best time in the category: 39:58

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 | 14:10 | 4:21 | 2 | 0:57 | 2 | 0:57 | 3.25 | 14:10 | 4:21 | 2 | 0:57 | 2 | 0:57 |
| Lap 2 | 3.25 | 15:28 | 4:45 | 3 | 2:07 | 3 | 2:07 | 6.50 | 29:38 | 4:33 | 2 | 3:04 | 2 | 3:04 |
| Last lap Finish | 3.25 | 15:10 | 4:39 | 2 | 1:46 | 2 | 1:46 | 9.75 | 44:48 | 4:35 | 2 | 4:50 | 2 | 4:50 |