



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: 13.06 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