



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MILLER, Jana

Club: STHV Lechfeld

Number: 509

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:04

Speed: 8.84 km/h

Running performance: 6:16 min/km

Rank in course/Total: 109 (of 166)

Rank in course/Women: 39 (of 72)

Best time in course: 42:41

Rank in category: 7(of 10)

Best time in the category: 45:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	3.25	19:40	6:03	7	5:17	38	6:03	3.25	19:40	6:03	7	5:17	38	6:03				
Lap 2	3.25	20:43	6:22	8	5:32	37	6:13	6.50	40:23	6:12	7	10:49	37	12:16				
Last lap Finish	3.25	20:41	6:21	8	5:10	42	6:07	9.75	1:01:04	6:15	7	15:59	39	18:23				