



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. | 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 | 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 |