



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SCHELLENBERGER, Jana

Club: Rotterode

Number: 535

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:08:28

Speed: 7.89 km/h

Running performance: 7:01 min/km

Rank in course/Total: 149 (of 166)

Rank in course/Women: 63 (of 72)

Best time in course: 42:41

Rank in category: 12(of 13)

Best time in the category: 50:18

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	20:37	6:20	8	4:22	47	7:00	3.25	20:37	6:20	8	4:22	47	7:00
Lap 2	3.25	23:20	7:10	11	6:21	61	8:50	6.50	43:57	6:45	11	10:43	58	15:50
Last lap Finish	3.25	24:31	7:32	13	7:27	64	9:57	9.75	1:08:28	7:01	12	18:10	63	25:47