



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Mensing, Janine

Club: Ilmenau

Number: 443

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:02:04

Speed: 8.70 km/h

Running performance: 6:22 min/km

Rank in course/Total: 172 (of 246)

Rank in course/Women: 52 (of 98)

Best time in course: 42:01

Rank in category: 11(of 17)

Best time in the category: 46:36

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	20:05	6:10	11	5:16	57	12:34	3.25	20:05	6:10	11	5:16	57	12:34
Lap 2	3.25	20:56	6:26	11	5:21	52	6:55	6.50	41:01	6:18	11	10:37	54	13:29
Last lap Finish	3.25	21:03	6:28	10	5:04	47	6:58	9.75	1:02:04	6:21	11	15:28	52	20:03