



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Koch, Jennifer

Club: Mulfingen

Number: 125

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 49:04

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 54 (of 246)

Rank in course/Women: 11 (of 98)

Best time in course: 42:01

Rank in category: 4(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	15:40	4:49	4	0:51	11	8:09	3.25	15:40	4:49	4	0:51	11	8:09
Lap 2	3.25	16:49	5:10	4	1:14	11	2:48	6.50	32:29	4:59	4	2:05	10	4:57
Last lap Finish	3.25	16:35	5:06	4	0:36	10	2:30	9.75	49:04	5:01	4	2:28	11	7:03