



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

Miller, Jana

Club: SG Indersdorf

Number: 154

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:00:57

Speed: 9.60 km/h

Running performance: 6:15 min/km

Rank in course/Total: 136 (of 220)

Rank in course/Women: 47 (of 94)

Best time in course: 40:57

Rank in category: 9(of 19)

Best time in the category: 49:24

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 3.25        | 19:58         | 6:08            | 10          | 3:39           | 55           | 7:01            | 3.25          | 19:58         | 6:08            | 10          | 3:39           | 55           | 7:01            |
| Lap 2           | 3.25        | 20:41         | 6:21            | 8           | 4:14           | 45           | 20:40           | 6.50          | 40:39         | 6:15            | 9           | 7:53           | 48           | 23:41           |
| Last lap Finish | 3.25        | 20:18         | 6:14            | 8           | 3:40           | 41           | 6:12            | 9.75          | 1:00:57       | 6:15            | 9           | 11:33          | 47           | 20:00           |