



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Mensing, Janine**

Club: Ilmenau

Number: 147

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:04:08

Speed: 8.42 km/h

Running performance: 6:35 min/km

Rank in course/Total: 160 (of 220)

Rank in course/Women: 59 (of 94)

Best time in course: 40:57

Rank in category: 11(of 18)

Best time in the category: 45:23

### 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	21:25	6:35	12	7:28	66	8:28	3.25	21:25	6:35	12	7:28	66	8:28
Lap 2	3.25	21:47	6:42	11	6:22	59	21:46	6.50	43:12	6:38	12	13:50	64	26:14
Last lap Finish	3.25	20:56	6:26	9	4:55	46	6:50	9.75	1:04:08	6:34	11	18:45	59	23:11