



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Jaschke, Daniela

Club: Bippen

Number: 99

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:24

Speed: 8.94 km/h

Running performance: 6:43 min/km

Rank in course/Total: 169 (of 220)

Rank in course/Women: 65 (of 94)

Best time in course: 40:57

Rank in category: 12(of 18)

Best time in the category: 45:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	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	22:04	6:47	13	6:39	63	22:03	6.50	43:29	6:41	13	14:07	66	26:31
Last lap Finish	3.25	21:55	6:44	12	5:54	60	7:49	9.75	1:05:24	6:42	12	20:01	65	24:27