



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

Rische, Jeannette

Club: Salzgitter

Number: 193

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 45:23

Speed: 11.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 20 (of 220)

Rank in course/Women: 3 (of 94)

Best time in course: 40:57

Rank in category: 1(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	13:57	4:17	1	-	2	1:00	3.25	13:57	4:17	1	-	2	1:00
Lap 2	3.25	15:25	4:44	1	-	4	15:24	6.50	29:22	4:31	1	-	3	12:24
Last lap Finish	3.25	16:01	4:55	1	-	4	1:55	9.75	45:23	4:39	1	-	3	4:26