



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Koch, Jennifer

Club: Herzberg

Number: 117

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 50:36

Speed: 10.67 km/h

Running performance: 5:11 min/km

Rank in course/Total: 48 (of 220)

Rank in course/Women: 7 (of 94)

Best time in course: 40:57

Rank in category: 2(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	15:48	4:51	2	1:51	4	2:51	3.25	15:48	4:51	2	1:51	4	2:51
Lap 2	3.25	17:17	5:19	2	1:52	9	17:16	6.50	33:05	5:05	2	3:43	8	16:07
Last lap Finish	3.25	17:31	5:23	3	1:30	12	3:25	9.75	50:36	5:11	2	5:13	7	9:39