



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ruppenthal, Melanie

Club: Team Erdinger Alkoholfrei
Number: 191

Course: 9.75 km
10 km Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:03:32

Speed: 8.50 km/h

Running performance: 6:31 min/km

Rank in course/Total: 183 (of 246)

Rank in course/Women: 54 (of 98)

Best time in course: 42:01

Rank in category: 10(of 11)

Best time in the category: 42:37

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	20:20	6:15	10	5:49	58	12:49	3.25	20:20	6:15	10	5:49	58	12:49
Lap 2	3.25	21:36	6:38	10	7:35	55	7:35	6.50	41:56	6:27	10	13:24	56	14:24
Last lap Finish	3.25	21:36	6:38	10	7:31	52	7:31	9.75	1:03:32	6:30	10	20:55	54	21:31