



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Rödel, Lena**

Club: TV 48 Erlangen

Number: 187

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 48:52

Speed: 11.05 km/h

Running performance: 5:01 min/km

Rank in course/Total: 53 (of 246)

Rank in course/Women: 10 (of 98)

Best time in course: 42:01

Rank in category: 3(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	15:13	4:40	2	0:42	7	7:42	3.25	15:13	4:40	2	0:42	7	7:42
Lap 2	3.25	16:43	5:08	3	2:42	9	2:42	6.50	31:56	4:54	2	3:24	8	4:24
Last lap Finish	3.25	16:56	5:12	3	2:51	15	2:51	9.75	48:52	5:00	3	6:15	10	6:51