



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Ruppenthal, Melanie

Club: Laufteam Kassel

Number: 199

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:03:11

Speed: 9.26 km/h

Running performance: 6:29 min/km

Rank in course/Total: 148 (of 220)

Rank in course/Women: 53 (of 94)

Best time in course: 40:57

Rank in category: 5(of 7)

Best time in the category: 44:24

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	19:33	6:00	5	5:08	52	6:36	3.25	19:33	6:00	5	5:08	52	6:36
Lap 2	3.25	22:09	6:48	6	22:08	64	22:08	6.50	41:42	6:24	5	24:44	55	24:44
Last lap Finish	3.25	21:29	6:36	5	6:30	56	7:23	9.75	1:03:11	6:28	5	18:47	53	22:14