



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lange, Talitha

Club: RWO Oberhausen Endurance Team

Number: 130

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 44:24

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 18 (of 220)

Rank in course/Women: 2 (of 94)

Best time in course: 40:57

Rank in category: 1(of 7)

Best time in the category: 44:24

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	14:25	4:26	1	-	3	1:28	3.25	14:25	4:26	1	-	3	1:28
Lap 2	3.25	15:00	4:36	2	14:59	3	14:59	6.50	29:25	4:31	2	12:27	4	12:27
Last lap Finish	3.25	14:59	4:36	1	-	2	0:53	9.75	44:24	4:33	1	-	2	3:27