



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Freund, Rabea

Club: BSG Evonik Rheinland e.V.

Number: 114

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:16:46

Speed: 7.62 km/h

Running performance: 7:52 min/km

Rank in course/Total: 211 (of 220)

Rank in course/Women: 89 (of 94)

Best time in course: 40:57

Rank in category: 7(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	22:07	6:48	7	7:42	74	9:10	3.25	22:07	6:48	7	7:42	74	9:10
Lap 2	3.25	24:01	7:23	7	24:00	76	24:00	6.50	46:08	7:05	7	29:10	75	29:10
Last lap Finish	3.25	30:38	9:25	6	15:39	90	16:32	9.75	1:16:46	7:52	7	32:22	89	35:49