



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Puhlmann, Rabea**

Club: skylinerunner

Number: 185

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 53:11

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 72 (of 220)

Rank in course/Women: 15 (of 94)

Best time in course: 40:57

Rank in category: 2(of 15)

Best time in the category: 48:35

### 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	18:46	5:46	8	2:20	37	5:49	3.25	18:46	5:46	8	2:20	37	5:49
Lap 2	3.25	17:38	5:25	2	1:38	13	17:37	6.50	36:24	5:35	3	3:58	20	19:26
Last lap Finish	3.25	16:47	5:09	2	0:38	7	2:41	9.75	53:11	5:27	2	4:36	15	12:14