



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Rentschler, Melanie

Club: Bad Liebenzell

Number: 188

Course: 9.75 km

10 km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 53:52

Speed: 10.86 km/h

Running performance: 5:31 min/km

Rank in course/Total: 76 (of 220)

Rank in course/Women: 17 (of 94)

Best time in course: 40:57

Rank in category: 2(of 15)

Best time in the category: 52:32

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	18:07	5:34	4	0:54	21	5:10	3.25	18:07	5:34	4	0:54	21	5:10
Lap 2	3.25	17:47	5:28	1	-	14	17:46	6.50	35:54	5:31	3	0:51	18	18:56
Last lap Finish	3.25	17:58	5:31	2	0:29	18	3:52	9.75	53:52	5:31	2	1:20	17	12:55