



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Sievert, Daniel

Club: Warenburg

Number: 219

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 40:47

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 8 (of 246)

Rank in course/Men: 8 (of 148)

Best time in course: 33:48

Rank in category: 2(of 20)

Best time in the category: 34:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	12:44	3:55	2	1:35	10	2:13	3.25	12:44	3:55	2	1:35	10	2:13
Lap 2	3.25	13:58	4:17	2	2:06	9	2:27	6.50	26:42	4:06	2	3:41	8	4:40
Last lap Finish	3.25	14:05	4:20	2	2:13	9	2:26	9.75	40:47	4:10	2	5:54	8	6:59