



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Arnold, Lutz

Club: SV Lerchenberg

Number: 5

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:59

Speed: 10.00 km/h

Running performance: 5:32 min/km

Rank in course/Total: 97 (of 246)

Rank in course/Men: 72 (of 148)

Best time in course: 33:48

Rank in category: 14(of 27)

Best time in the category: 39:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:31	6:00	20	7:15	115	9:00	3.25	19:31	6:00	20	7:15	115	9:00
Lap 2	3.25	17:40	5:26	13	4:12	64	6:09	6.50	37:11	5:43	17	11:27	87	15:09
Last lap Finish	3.25	16:48	5:10	12	3:26	48	5:09	9.75	53:59	5:32	14	14:53	72	20:11