



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Katzenberg, Frank

Club: Lauf Team Unna

Number: 117

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:00

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 98 (of 246)

Rank in course/Men: 73 (of 148)

Best time in course: 33:48

Rank in category: 3(of 18)

Best time in the category: 42:14

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	17:42	5:26	5	4:46	80	7:11	3.25	17:42	5:26	5	4:46	80	7:11
Lap 2	3.25	18:13	5:36	3	3:45	71	6:42	6.50	35:55	5:31	3	8:31	72	13:53
Last lap Finish	3.25	18:05	5:33	4	3:15	71	6:26	9.75	54:00	5:32	3	11:46	73	20:12