



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gnade, Jan-Frederick

Club: TV Frischborn

Number: 69

Course: 9.75 km

10 km Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 54:14

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 100 (of 246)

Rank in course/Men: 74 (of 148)

Best time in course: 33:48

Rank in category: 4(of 4)

Best time in the category: 37:56

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	18:08	5:34	4	5:55	88	7:37	3.25	18:08	5:34	4	5:55	88	7:37
Lap 2	3.25	18:28	5:40	4	5:37	75	6:57	6.50	36:36	5:37	4	11:32	79	14:34
Last lap Finish	3.25	17:38	5:25	4	4:46	61	5:59	9.75	54:14	5:33	4	16:18	74	20:26