



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Grehl, Markus

Club: Leipzig

Number: 77

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:27

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 102 (of 246)

Rank in course/Men: 76 (of 148)

Best time in course: 33:48

Rank in category: 16(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	19:40	6:03	19	8:31	119	9:09	3.25	19:40	6:03	19	8:31	119	9:09
Lap 2	3.25	19:28	5:59	17	7:36	98	7:57	6.50	39:08	6:01	17	16:07	108	17:06
Last lap Finish	3.25	15:19	4:42	6	3:27	23	3:40	9.75	54:27	5:35	16	19:34	76	20:39