



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kraus, Christian

Club: TSV Ausbach

Number: 129

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:19

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 9 (of 246)

Rank in course/Men: 9 (of 148)

Best time in course: 33:48

Rank in category: 2(of 13)

Best time in the category: 36:39

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	14:20	4:24	2	3:05	21	3:49	3.25	14:20	4:24	2	3:05	21	3:49
Lap 2	3.25	13:29	4:08	2	0:37	7	1:58	6.50	27:49	4:16	2	3:42	13	5:47
Last lap Finish	3.25	13:30	4:09	2	0:58	7	1:51	9.75	41:19	4:14	2	4:40	9	7:31