



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hany, Michael

Club: München

Number: 87

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 55:39

Speed: 9.70 km/h

Running performance: 5:43 min/km

Rank in course/Total: 107 (of 246)

Rank in course/Men: 79 (of 148)

Best time in course: 33:48

Rank in category: 12(of 19)

Best time in the category: 33:48

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 | 16:18 | 5:00 | 8 | 5:47 | 56 | 5:47 | 3.25 | 16:18 | 5:00 | 8 | 5:47 | 56 | 5:47 |
| Lap 2 | 3.25 | 19:22 | 5:57 | 14 | 7:51 | 93 | 7:51 | 6.50 | 35:40 | 5:29 | 12 | 13:38 | 71 | 13:38 |
| Last lap Finish | 3.25 | 19:59 | 6:08 | 15 | 8:13 | 103 | 8:20 | 9.75 | 55:39 | 5:42 | 12 | 21:51 | 79 | 21:51 |