



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rettich, Harald

Club: Teamflexkalk

Number: 180

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:47

Speed: 9.68 km/h

Running performance: 5:43 min/km

Rank in course/Total: 109 (of 246)

Rank in course/Men: 81 (of 148)

Best time in course: 33:48

Rank in category: 4(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	17:05	5:15	2	4:09	72	6:34	3.25	17:05	5:15	2	4:09	72	6:34
Lap 2	3.25	19:02	5:51	5	4:34	85	7:31	6.50	36:07	5:33	4	8:43	75	14:05
Last lap Finish	3.25	19:40	6:03	8	4:50	95	8:01	9.75	55:47	5:43	4	13:33	81	21:59