



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Heinlein, Heiko**

Club: Saalfeld

Number: 91

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:27

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 118 (of 246)

Rank in course/Men: 88 (of 148)

Best time in course: 33:48

Rank in category: 5(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	18:20	5:38	7	5:24	93	7:49	3.25	18:20	5:38	7	5:24	93	7:49
Lap 2	3.25	18:42	5:45	4	4:14	78	7:11	6.50	37:02	5:41	6	9:38	85	15:00
Last lap Finish	3.25	19:25	5:58	7	4:35	88	7:46	9.75	56:27	5:47	5	14:13	88	22:39