



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Bahl, Andreas

Club: Gelsenkirchen

Number: 6

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:10

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 116 (of 246)

Rank in course/Men: 86 (of 148)

Best time in course: 33:48

Rank in category: 17(of 27)

Best time in the category: 39:06

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	16:51	5:11	15	4:35	66	6:20	3.25	16:51	5:11	15	4:35	66	6:20
Lap 2	3.25	19:22	5:57	18	5:54	93	7:51	6.50	36:13	5:34	15	10:29	78	14:11
Last lap Finish	3.25	19:57	6:08	18	6:35	102	8:18	9.75	56:10	5:45	17	17:04	86	22:22