



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Saupe, Benjamin

Club: HopHopHop

Number: 107

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 56:36

Speed: 9.54 km/h

Running performance: 5:49 min/km

Rank in course/Total: 119 (of 246)

Rank in course/Men: 89 (of 148)

Best time in course: 33:48

Rank in category: 8(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	17:34	5:24	8	6:19	79	7:03	3.25	17:34	5:24	8	6:19	79	7:03
Lap 2	3.25	19:18	5:56	8	6:26	89	7:47	6.50	36:52	5:40	8	12:45	81	14:50
Last lap Finish	3.25	19:44	6:04	9	7:12	99	8:05	9.75	56:36	5:48	8	19:57	89	22:48