



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Tirschmann, Jan

Club: Meininger Drachen

Number: 240

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:50

Speed: 9.50 km/h

Running performance: 5:50 min/km

Rank in course/Total: 124 (of 246)

Rank in course/Men: 92 (of 148)

Best time in course: 33:48

Rank in category: 6(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	20:01	6:09	14	7:05	125	9:30	3.25	20:01	6:09	14	7:05	125	9:30
Lap 2	3.25	19:04	5:51	6	4:36	87	7:33	6.50	39:05	6:00	10	11:41	106	17:03
Last lap Finish	3.25	17:45	5:27	3	2:55	66	6:06	9.75	56:50	5:49	6	14:36	92	23:02