



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kuster, Harald

Club: Lauftreff VFL Waldbreitbach

Number: 133

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 57:12

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 128 (of 246)

Rank in course/Men: 95 (of 148)

Best time in course: 33:48

Rank in category: 9(of 14)

Best time in the category: 44:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:26	5:40	9	3:41	96	7:55	3.25	18:26	5:40	9	3:41	96	7:55
Lap 2	3.25	19:20	5:56	9	4:13	91	7:49	6.50	37:46	5:48	9	7:54	92	15:44
Last lap Finish	3.25	19:26	5:58	8	4:28	89	7:47	9.75	57:12	5:52	9	12:22	95	23:24