



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Trageser, Joachim

Club: LT Freigericht

Number: 243

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:15

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course/Total: 130 (of 246)

Rank in course/Men: 97 (of 148)

Best time in course: 33:48

Rank in category: 18(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	18:51	5:48	18	6:35	102	8:20	3.25	18:51	5:48	18	6:35	102	8:20
Lap 2	3.25	19:19	5:56	17	5:51	90	7:48	6.50	38:10	5:52	18	12:26	99	16:08
Last lap Finish	3.25	19:05	5:52	15	5:43	80	7:26	9.75	57:15	5:52	18	18:09	97	23:27