



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**De Rijcke, Ralf**

Club: Scrambled Legs

Number: 37

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 57:31

Speed: 9.39 km/h

Running performance: 5:54 min/km

Rank in course/Total: 134 (of 246)

Rank in course/Men: 99 (of 148)

Best time in course: 33:48

Rank in category: 10(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	18:29	5:41	10	7:14	97	7:58	3.25	18:29	5:41	10	7:14	97	7:58
Lap 2	3.25	19:29	5:59	10	6:37	99	7:58	6.50	37:58	5:50	10	13:51	97	15:56
Last lap Finish	3.25	19:33	6:00	8	7:01	93	7:54	9.75	57:31	5:53	10	20:52	99	23:43