



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Joseph, Richard

Club: Scrambled Legs

Number: 112

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:40

Speed: 9.36 km/h

Running performance: 5:55 min/km

Rank in course/Total: 136 (of 246)

Rank in course/Men: 100 (of 148)

Best time in course: 33:48

Rank in category: 17(of 20)

Best time in the category: 34:53

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	16	7:20	97	7:58	3.25	18:29	5:41	16	7:20	97	7:58
Lap 2	3.25	19:26	5:58	16	7:34	97	7:55	6.50	37:55	5:49	16	14:54	95	15:53
Last lap Finish	3.25	19:45	6:04	17	7:53	100	8:06	9.75	57:40	5:54	17	22:47	100	23:52