



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Brenz, Michael

Club: Bewegungs-Millionäre

Number: 26

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 57:44

Speed: 9.35 km/h

Running performance: 5:55 min/km

Rank in course/Total: 137 (of 246)

Rank in course/Men: 101 (of 148)

Best time in course: 33:48

Rank in category: 7(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:08	5:16	3	4:12	74	6:37	3.25	17:08	5:16	3	4:12	74	6:37
Lap 2	3.25	19:46	6:04	10	5:18	106	8:15	6.50	36:54	5:40	5	9:30	83	14:52
Last lap Finish	3.25	20:50	6:24	12	6:00	113	9:11	9.75	57:44	5:55	7	15:30	101	23:56