



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gerhardt, Lutz

Club: LG Klaus und Lutz

Number: 64

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 57:56

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 140 (of 246)

Rank in course/Men: 103 (of 148)

Best time in course: 33:48

Rank in category: 2(of 6)

Best time in the category: 57:14

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	18:55	5:49	2	0:50	104	8:24	3.25	18:55	5:49	2	0:50	104	8:24
Lap 2	3.25	19:33	6:00	1	-	101	8:02	6.50	38:28	5:55	2	0:31	101	16:26
Last lap Finish	3.25	19:28	5:59	2	0:11	91	7:49	9.75	57:56	5:56	2	0:42	103	24:08