



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Frese, Georg

Club: Lauf Team Unna

Number: 59

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:56

Speed: 9.93 km/h

Running performance: 6:02 min/km

Rank in course/Total: 145 (of 246)

Rank in course/Men: 107 (of 148)

Best time in course: 33:48

Rank in category: 10(of 14)

Best time in the category: 44:50

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	19:28	5:59	10	4:43	113	8:57	3.25	19:28	5:59	10	4:43	113	8:57
Lap 2	3.25	19:22	5:57	10	4:15	93	7:51	6.50	38:50	5:58	10	8:58	103	16:48
Last lap Finish	3.25	20:06	6:11	9	5:08	104	8:27	9.75	58:56	6:02	10	14:06	107	25:08