



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Blechtschmidt, Stefan

Club: Frankenblick OT Effelder

Number: 318

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 42:19

Speed: 12.76 km/h

Running performance: 4:20 min/km

Rank in course/Total: 14 (of 246)

Rank in course/Men: 13 (of 148)

Best time in course: 33:48

Rank in category: 3(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		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:30	4:09	3	2:21	13	2:59	3.25	13:30	4:09	3	2:21	13	2:59
Lap 2	3.25	14:22	4:25	3	2:30	10	2:51	6.50	27:52	4:17	3	4:51	14	5:50
Last lap Finish	3.25	14:27	4:26	3	2:35	11	2:48	9.75	42:19	4:20	3	7:26	13	8:31