



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Dittrich, Holger

Club: Slv92/DER EINGELAUFENE

Number: 339

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 59:20

Speed: 9.10 km/h

Running performance: 6:05 min/km

Rank in course/Total: 150 (of 246)

Rank in course/Men: 110 (of 148)

Best time in course: 33:48

Rank in category: 12(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:59	5:50	9	6:03	105	8:28	3.25	18:59	5:50	9	6:03	105	8:28
Lap 2	3.25	20:06	6:11	11	5:38	111	8:35	6.50	39:05	6:00	10	11:41	106	17:03
Last lap Finish	3.25	20:15	6:13	10	5:25	106	8:36	9.75	59:20	6:05	12	17:06	110	25:32