



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Pantke, Uwe

Club: Heul nicht, lauf!

Number: 168

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:14

Speed: 12.79 km/h

Running performance: 4:20 min/km

Rank in course/Total: 13 (of 246)

Rank in course/Men: 12 (of 148)

Best time in course: 33:48

Rank in category: 1(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	12:56	3:58	1	-	11	2:25	3.25	12:56	3:58	1	-	11	2:25
Lap 2	3.25	14:28	4:27	1	-	15	2:57	6.50	27:24	4:12	1	-	11	5:22
Last lap Finish	3.25	14:50	4:33	1	-	16	3:11	9.75	42:14	4:19	1	-	12	8:26