



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rubner, Christoph

Club: DAV Regensburg

Number: 190

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:57

Speed: 9.01 km/h

Running performance: 6:09 min/km

Rank in course/Total: 154 (of 246)

Rank in course/Men: 111 (of 148)

Best time in course: 33:48

Rank in category: 19(of 27)

Best time in the category: 39:06

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	20:02	6:09	22	7:46	126	9:31	3.25	20:02	6:09	22	7:46	126	9:31
Lap 2	3.25	20:15	6:13	20	6:47	113	8:44	6.50	40:17	6:11	22	14:33	122	18:15
Last lap Finish	3.25	19:40	6:03	17	6:18	95	8:01	9.75	59:57	6:08	19	20:51	111	26:09