



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Emmerlich, Jörg

Club: LT Freigericht

Number: 49

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:00:34

Speed: 8.92 km/h

Running performance: 6:13 min/km

Rank in course/Total: 159 (of 246)

Rank in course/Men: 113 (of 148)

Best time in course: 33:48

Rank in category: 6(of 7)

Best time in the category: 50:41

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	19:16	5:55	6	3:16	110	8:45	3.25	19:16	5:55	6	3:16	110	8:45
Lap 2	3.25	20:12	6:12	5	3:17	112	8:41	6.50	39:28	6:04	5	5:52	114	17:26
Last lap Finish	3.25	21:06	6:29	6	4:16	117	9:27	9.75	1:00:34	6:12	6	9:53	113	26:46