



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Diedam, Oliver

Club: Team Pirate

Number: 38

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:00:42

Speed: 8.90 km/h

Running performance: 6:14 min/km

Rank in course/Total: 160 (of 246)

Rank in course/Men: 114 (of 148)

Best time in course: 33:48

Rank in category: 11(of 13)

Best time in the category: 36:39

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	18:40	5:44	11	7:25	100	8:09	3.25	18:40	5:44	11	7:25	100	8:09
Lap 2	3.25	20:44	6:22	12	7:52	119	9:13	6.50	39:24	6:03	11	15:17	113	17:22
Last lap Finish	3.25	21:18	6:33	12	8:46	119	9:39	9.75	1:00:42	6:13	11	24:03	114	26:54