



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hahn, Karsten

Club: TV Frischborn

Number: 84

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:01:01

Speed: 8.85 km/h

Running performance: 6:16 min/km

Rank in course/Total: 167 (of 246)

Rank in course/Men: 117 (of 148)

Best time in course: 33:48

Rank in category: 16(of 19)

Best time in the category: 33:48

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	19:03	5:51	17	8:32	106	8:32	3.25	19:03	5:51	17	8:32	106	8:32
Lap 2	3.25	20:20	6:15	16	8:49	114	8:49	6.50	39:23	6:03	17	17:21	112	17:21
Last lap Finish	3.25	21:38	6:39	17	9:52	122	9:59	9.75	1:01:01	6:15	16	27:13	117	27:13