



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Menne, Marco

Club: TV Urbar

Number: 150

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:01:59

Speed: 8.71 km/h

Running performance: 6:22 min/km

Rank in course/Total: 170 (of 246)

Rank in course/Men: 120 (of 148)

Best time in course: 33:48

Rank in category: 13(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	18:47	5:46	12	7:32	101	8:16	3.25	18:47	5:46	12	7:32	101	8:16
Lap 2	3.25	21:44	6:41	13	8:52	131	10:13	6.50	40:31	6:14	13	16:24	124	18:29
Last lap Finish	3.25	21:28	6:36	13	8:56	120	9:49	9.75	1:01:59	6:21	13	25:20	120	28:11