



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Wilhelms, Wolfgang

Club: VFL Waldbreitbach

Number: 255

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:02:06

Speed: 8.70 km/h

Running performance: 6:22 min/km

Rank in course/Total: 173 (of 246)

Rank in course/Men: 121 (of 148)

Best time in course: 33:48

Rank in category: 13(of 18)

Best time in the category: 42:14

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	19:31	6:00	11	6:35	115	9:00	3.25	19:31	6:00	11	6:35	115	9:00
Lap 2	3.25	20:49	6:24	13	6:21	120	9:18	6.50	40:20	6:12	13	12:56	123	18:18
Last lap Finish	3.25	21:46	6:41	14	6:56	124	10:07	9.75	1:02:06	6:22	13	19:52	121	28:18