



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Binger, Volker

Club: BT Vision

Number: 16

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:44

Speed: 12.64 km/h

Running performance: 4:23 min/km

Rank in course/Total: 16 (of 246)

Rank in course/Men: 14 (of 148)

Best time in course: 33:48

Rank in category: 4(of 27)

Best time in the category: 39:06

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	13:34	4:10	4	1:18	14	3:03	3.25	13:34	4:10	4	1:18	14	3:03
Lap 2	3.25	14:26	4:26	5	0:58	14	2:55	6.50	28:00	4:18	4	2:16	15	5:58
Last lap Finish	3.25	14:44	4:31	5	1:22	15	3:05	9.75	42:44	4:22	4	3:38	14	8:56