



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hollmann, Alexander

Club: Neuss

Number: 102

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:03:12

Speed: 9.26 km/h

Running performance: 6:29 min/km

Rank in course/Total: 178 (of 246)

Rank in course/Men: 126 (of 148)

Best time in course: 33:48

Rank in category: 19(of 20)

Best time in the category: 34:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	18:23	5:39	15	7:14	95	7:52	3.25	18:23	5:39	15	7:14	95	7:52
Lap 2	3.25	22:28	6:54	19	10:36	135	10:57	6.50	40:51	6:17	18	17:50	125	18:49
Last lap Finish	3.25	22:21	6:52	19	10:29	127	10:42	9.75	1:03:12	6:28	19	28:19	126	29:24