



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Richter, Sebastian

Club: Dreamteam

Number: 182

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:03:15

Speed: 8.54 km/h

Running performance: 6:29 min/km

Rank in course/Total: 179 (of 246)

Rank in course/Men: 127 (of 148)

Best time in course: 33:48

Rank in category: 18(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 | 21:09 | 6:30 | 18 | 10:38 | 132 | 10:38 | 3.25 | 21:09 | 6:30 | 18 | 10:38 | 132 | 10:38 |
| Lap 2 | 3.25 | 21:06 | 6:29 | 17 | 9:35 | 124 | 9:35 | 6.50 | 42:15 | 6:30 | 18 | 20:13 | 133 | 20:13 |
| Last lap Finish | 3.25 | 21:00 | 6:27 | 16 | 9:14 | 115 | 9:21 | 9.75 | 1:03:15 | 6:29 | 18 | 29:27 | 127 | 29:27 |