



# 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: 9.25 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