



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Alex, Uwe

Club: Bottrop

Number: 2

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:03:18

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 181 (of 246)

Rank in course/Men: 129 (of 148)

Best time in course: 33:48

Rank in category: 11(of 14)

Best time in the category: 44:50

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	19:54	6:07	11	5:09	124	9:23	3.25	19:54	6:07	11	5:09	124	9:23
Lap 2	3.25	21:36	6:38	11	6:29	128	10:05	6.50	41:30	6:23	11	11:38	128	19:28
Last lap Finish	3.25	21:48	6:42	11	6:50	125	10:09	9.75	1:03:18	6:29	11	18:28	129	29:30