



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Conrad, Alexander

Club: DekaBank Sport e.V.

Number: 33

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:04:13

Speed: 8.41 km/h

Running performance: 6:35 min/km

Rank in course/Total: 185 (of 246)

Rank in course/Men: 130 (of 148)

Best time in course: 33:48

Rank in category: 23(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:24	6:16	24	8:08	129	9:53	3.25	20:24	6:16	24	8:08	129	9:53
Lap 2	3.25	21:29	6:36	23	8:01	126	9:58	6.50	41:53	6:26	24	16:09	132	19:51
Last lap Finish	3.25	22:20	6:52	21	8:58	126	10:41	9.75	1:04:13	6:35	23	25:07	130	30:25