



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Daum, Holger

Club: Team Erdinger Alkoholfrei

Number: 34

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:07

Speed: 12.52 km/h

Running performance: 4:25 min/km

Rank in course/Total: 17 (of 246)

Rank in course/Men: 15 (of 148)

Best time in course: 33:48

Rank in category: 5(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	14:17	4:23	7	2:01	20	3:46	3.25	14:17	4:23	7	2:01	20	3:46
Lap 2	3.25	14:22	4:25	3	0:54	10	2:51	6.50	28:39	4:24	5	2:55	18	6:37
Last lap Finish	3.25	14:28	4:27	4	1:06	12	2:49	9.75	43:07	4:25	5	4:01	15	9:19