



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Malinowsky, Stefan

Club: Gera

Number: 146

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: 186 (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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	20:23	6:16	23	8:07	128	9:52	3.25	20:23	6:16	23	8:07	128	9:52
Lap 2	3.25	21:29	6:36	23	8:01	126	9:58	6.50	41:52	6:26	23	16:08	131	19:50
Last lap Finish	3.25	22:21	6:52	22	8:59	127	10:42	9.75	1:04:13	6:35	23	25:07	130	30:25