



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Heymel, Jan

Club: Team twenty.six e.V. Roth

Number: 100

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 34:53

Speed: 16.77 km/h

Running performance: 3:35 min/km

Rank in course/Total: 2 (of 246)

Rank in course/Men: 2 (of 148)

Best time in course: 33:48

Rank in category: 1(of 20)

Best time in the category: 34:53

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	11:09	3:25	1	-	2	0:38	3.25	11:09	3:25	1	-	2	0:38
Lap 2	3.25	11:52	3:39	1	-	2	0:21	6.50	23:01	3:32	1	-	2	0:59
Last lap Finish	3.25	11:52	3:39	1	-	3	0:13	9.75	34:53	3:34	1	-	2	1:05