



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Seitz, Dennis

Club: Wehrshausen

Number: 217

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 43:32

Speed: 13.44 km/h

Running performance: 4:28 min/km

Rank in course/Total: 19 (of 246)

Rank in course/Men: 17 (of 148)

Best time in course: 33:48

Rank in category: 2(of 12)

Best time in the category: 35:19

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	13:36	4:11	2	2:02	15	3:05	3.25	13:36	4:11	2	2:02	15	3:05
Lap 2	3.25	14:42	4:31	2	2:36	18	3:11	6.50	28:18	4:21	2	4:38	16	6:16
Last lap Finish	3.25	15:14	4:41	2	3:35	20	3:35	9.75	43:32	4:27	2	8:13	17	9:44