



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

May, Christopher

Club: Team 383

Number: 149

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:08:40

Speed: 8.52 km/h

Running performance: 7:02 min/km

Rank in course/Total: 205 (of 246)

Rank in course/Men: 137 (of 148)

Best time in course: 33:48

Rank in category: 20(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	21:09	6:30	20	10:00	132	10:38	3.25	21:09	6:30	20	10:00	132	10:38
Lap 2	3.25	23:10	7:07	20	11:18	138	11:39	6.50	44:19	6:49	20	21:18	138	22:17
Last lap Finish	3.25	24:21	7:29	20	12:29	136	12:42	9.75	1:08:40	7:02	20	33:47	137	34:52