



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Püschel, Silvio

Club: Hetzdorfer SV 1990

Number: 176

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:46

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 20 (of 246)

Rank in course/Men: 18 (of 148)

Best time in course: 33:48

Rank in category: 2(of 19)

Best time in the category: 33:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	13:56	4:17	2	3:25	16	3:25	3.25	13:56	4:17	2	3:25	16	3:25
Lap 2	3.25	14:40	4:30	2	3:09	16	3:09	6.50	28:36	4:24	2	6:34	17	6:34
Last lap Finish	3.25	15:10	4:39	2	3:24	19	3:31	9.75	43:46	4:29	2	9:58	18	9:58