



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Haack, Andreas

Club: Bornheim

Number: 371

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:11:43

Speed: 8.16 km/h

Running performance: 7:22 min/km

Rank in course/Total: 216 (of 246)

Rank in course/Men: 138 (of 148)

Best time in course: 33:48

Rank in category: 12(of 14)

Best time in the category: 44:50

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	22:18	6:51	12	7:33	138	11:47	3.25	22:18	6:51	12	7:33	138	11:47
Lap 2	3.25	24:51	7:38	13	9:44	142	13:20	6.50	47:09	7:15	12	17:17	139	25:07
Last lap Finish	3.25	24:34	7:33	12	9:36	139	12:55	9.75	1:11:43	7:21	12	26:53	138	37:55