



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Von Minden, Chris

Club: Ausdauerschule by bunert

Number: 249

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:11:51

Speed: 7.52 km/h

Running performance: 7:22 min/km

Rank in course/Total: 217 (of 246)

Rank in course/Men: 139 (of 148)

Best time in course: 33:48

Rank in category: 5(of 6)

Best time in the category: 57:14

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	22:40	6:58	5	4:35	139	12:09	3.25	22:40	6:58	5	4:35	139	12:09
Lap 2	3.25	25:29	7:50	6	5:56	144	13:58	6.50	48:09	7:24	5	10:12	142	26:07
Last lap Finish	3.25	23:42	7:17	5	4:25	135	12:03	9.75	1:11:51	7:22	5	14:37	139	38:03