



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Friedemann, Uwe

Club: Lauf Team Unna

Number: 61

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:12:41

Speed: 7.43 km/h

Running performance: 7:27 min/km

Rank in course/Total: 222 (of 246)

Rank in course/Men: 140 (of 148)

Best time in course: 33:48

Rank in category: 6(of 6)

Best time in the category: 57:14

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	23:58	7:22	6	5:53	146	13:27	3.25	23:58	7:22	6	5:53	146	13:27
Lap 2	3.25	24:21	7:29	5	4:48	139	12:50	6.50	48:19	7:26	6	10:22	143	26:17
Last lap Finish	3.25	24:22	7:29	6	5:05	138	12:43	9.75	1:12:41	7:27	6	15:27	140	38:53