



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: 8.05 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 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 | 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 |