



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Dyrks, Ralf**

Club: BSG Evonik Wesseling e.V.

Number: 44

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:12:45

Speed: 7.42 km/h

Running performance: 7:28 min/km

Rank in course/Total: 223 (of 246)

Rank in course/Men: 141 (of 148)

Best time in course: 33:48

Rank in category: 16(of 18)

Best time in the category: 42:14

### 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	23:36	7:15	17	10:40	143	13:05	3.25	23:36	7:15	17	10:40	143	13:05
Lap 2	3.25	24:25	7:30	16	9:57	140	12:54	6.50	48:01	7:23	16	20:37	140	25:59
Last lap Finish	3.25	24:44	7:36	16	9:54	140	13:05	9.75	1:12:45	7:27	16	30:31	141	38:57