



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kruhl-Habakuk, Olaf

Club: München

Number: 132

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:53

Speed: 13.03 km/h

Running performance: 4:36 min/km

Rank in course/Total: 22 (of 246)

Rank in course/Men: 20 (of 148)

Best time in course: 33:48

Rank in category: 6(of 27)

Best time in the category: 39:06

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	14:13	4:22	6	1:57	19	3:42	3.25	14:13	4:22	6	1:57	19	3:42
Lap 2	3.25	15:16	4:41	7	1:48	22	3:45	6.50	29:29	4:32	6	3:45	19	7:27
Last lap Finish	3.25	15:24	4:44	6	2:02	25	3:45	9.75	44:53	4:36	6	5:47	20	11:05