



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Padberg, Dirk

Club: Cookie Monster Running

Number: 167

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:14:24

Speed: 7.86 km/h

Running performance: 7:38 min/km

Rank in course/Total: 228 (of 246)

Rank in course/Men: 143 (of 148)

Best time in course: 33:48

Rank in category: 17(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	22:57	7:03	16	10:01	140	12:26	3.25	22:57	7:03	16	10:01	140	12:26
Lap 2	3.25	25:23	7:48	17	10:55	143	13:52	6.50	48:20	7:26	17	20:56	144	26:18
Last lap Finish	3.25	26:04	8:01	17	11:14	142	14:25	9.75	1:14:24	7:37	17	32:10	143	40:36