



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fickert, Manfred

Club: BSG Lülisdorf e.V.

Number: 56

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:18:42

Speed: 7.43 km/h

Running performance: 8:04 min/km

Rank in course/Total: 234 (of 246)

Rank in course/Men: 145 (of 148)

Best time in course: 33:48

Rank in category: 7(of 7)

Best time in the category: 50:41

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	23:38	7:16	7	7:38	144	13:07	3.25	23:38	7:16	7	7:38	144	13:07
Lap 2	3.25	28:03	8:37	7	11:08	146	16:32	6.50	51:41	7:57	7	18:05	146	29:39
Last lap Finish	3.25	27:01	8:18	7	10:11	143	15:22	9.75	1:18:42	8:04	7	28:01	145	44:54