



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Volkmer, Andreas

Club: Schwalmtal

Number: 248

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 44:50

Speed: 13.05 km/h

Running performance: 4:36 min/km

Rank in course/Total: 21 (of 246)

Rank in course/Men: 19 (of 148)

Best time in course: 33:48

Rank in category: 1(of 14)

Best time in the category: 44:50

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	14:45	4:32	1	-	26	4:14	3.25	14:45	4:32	1	-	26	4:14
Lap 2	3.25	15:07	4:39	1	-	21	3:36	6.50	29:52	4:35	1	-	22	7:50
Last lap Finish	3.25	14:58	4:36	1	-	18	3:19	9.75	44:50	4:35	1	-	19	11:02