



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Germerodt, Sebastian**

Club: Eschwege

Number: 66

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:01

Speed: 12.00 km/h

Running performance: 4:37 min/km

Rank in course/Total: 23 (of 246)

Rank in course/Men: 21 (of 148)

Best time in course: 33:48

Rank in category: 4(of 20)

Best time in the category: 34:53

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 3.25        | 14:32         | 4:28            | 4           | 3:23           | 22          | 4:01          | 3.25          | 14:32         | 4:28            | 4           | 3:23           | 22         | 4:01          |
| Lap 2           | 3.25        | 15:46         | 4:51            | 7           | 3:54           | 32          | 4:15          | 6.50          | 30:18         | 4:39            | 4           | 7:17           | 25         | 8:16          |
| Last lap Finish | 3.25        | 14:43         | 4:31            | 4           | 2:51           | 14          | 3:04          | 9.75          | 45:01         | 4:37            | 4           | 10:08          | 21         | 11:13         |