



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: 13.00 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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