



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

De Pasca, Sascha

Club: BSG Lülisdorf e. V.

Number: 35

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:41

Speed: 11.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 26 (of 246)

Rank in course/Men: 24 (of 148)

Best time in course: 33:48

Rank in category: 8(of 27)

Best time in the category: 39:06

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	14:11	4:21	5	1:55	18	3:40	3.25	14:11	4:21	5	1:55	18	3:40
Lap 2	3.25	15:35	4:47	9	2:07	29	4:04	6.50	29:46	4:34	7	4:02	21	7:44
Last lap Finish	3.25	15:55	4:53	10	2:33	34	4:16	9.75	45:41	4:41	8	6:35	24	11:53