



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fenn, Ingo

Club: LU Steinhagen

Number: 355

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:11

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 28 (of 246)

Rank in course/Men: 26 (of 148)

Best time in course: 33:48

Rank in category: 9(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	15:00	4:36	9	2:44	38	4:29	3.25	15:00	4:36	9	2:44	38	4:29
Lap 2	3.25	15:29	4:45	8	2:01	25	3:58	6.50	30:29	4:41	9	4:45	28	8:27
Last lap Finish	3.25	15:42	4:49	8	2:20	27	4:03	9.75	46:11	4:44	9	7:05	26	12:23