



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Metz, Marchell

Club: TSV Ausbach

Number: 152

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:29

Speed: 11.62 km/h

Running performance: 4:46 min/km

Rank in course/Total: 29 (of 246)

Rank in course/Men: 27 (of 148)

Best time in course: 33:48

Rank in category: 6(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	14:48	4:33	6	3:39	29	4:17	3.25	14:48	4:33	6	3:39	29	4:17
Lap 2	3.25	15:31	4:46	4	3:39	26	4:00	6.50	30:19	4:39	5	7:18	26	8:17
Last lap Finish	3.25	16:10	4:58	8	4:18	35	4:31	9.75	46:29	4:46	6	11:36	27	12:41