



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fehmer, Welf

Club: Neuss

Number: 52

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:36

Speed: 11.59 km/h

Running performance: 4:47 min/km

Rank in course/Total: 32 (of 246)

Rank in course/Men: 30 (of 148)

Best time in course: 33:48

Rank in category: 8(of 20)

Best time in the category: 34:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	14:59	4:36	9	3:50	36	4:28	3.25	14:59	4:36	9	3:50	36	4:28
Lap 2	3.25	15:47	4:51	8	3:55	33	4:16	6.50	30:46	4:44	9	7:45	33	8:44
Last lap Finish	3.25	15:50	4:52	7	3:58	31	4:11	9.75	46:36	4:46	8	11:43	30	12:48