



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Tondera, Daniel

Club: Crossfit Musketeers

Number: 242

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:43

Speed: 11.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 34 (of 246)

Rank in course/Men: 31 (of 148)

Best time in course: 33:48

Rank in category: 3(of 13)

Best time in the category: 36:39

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	14:36	4:29	3	3:21	23	4:05	3.25	14:36	4:29	3	3:21	23	4:05
Lap 2	3.25	15:16	4:41	3	2:24	22	3:45	6.50	29:52	4:35	3	5:45	22	7:50
Last lap Finish	3.25	16:51	5:11	4	4:19	50	5:12	9.75	46:43	4:47	3	10:04	31	12:55