



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Süßmilch, Ralf

Club: LG Burg Wiedenbrück

Number: 510

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 47:01

Speed: 11.49 km/h

Running performance: 4:49 min/km

Rank in course/Total: 35 (of 246)

Rank in course/Men: 32 (of 148)

Best time in course: 33:48

Rank in category: 3(of 14)

Best time in the category: 44:50

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	16:08	4:57	4	1:23	53	5:37	3.25	16:08	4:57	4	1:23	53	5:37
Lap 2	3.25	15:38	4:48	2	0:31	30	4:07	6.50	31:46	4:53	3	1:54	38	9:44
Last lap Finish	3.25	15:15	4:41	2	0:17	21	3:36	9.75	47:01	4:49	3	2:11	32	13:13