



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Sebastian, Lotz

Club: TSV Ausbach

Number: 216

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:08

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 37 (of 246)

Rank in course/Men: 33 (of 148)

Best time in course: 33:48

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	14:54	4:35	8	3:45	33	4:23	3.25	14:54	4:35	8	3:45	33	4:23
Lap 2	3.25	15:51	4:52	9	3:59	34	4:20	6.50	30:45	4:43	8	7:44	32	8:43
Last lap Finish	3.25	16:23	5:02	10	4:31	37	4:44	9.75	47:08	4:50	9	12:15	33	13:20