



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Stankiewicz, Alexander

Club: Bonn

Number: 230

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:26

Speed: 11.38 km/h

Running performance: 4:52 min/km

Rank in course/Total: 39 (of 246)

Rank in course/Men: 35 (of 148)

Best time in course: 33:48

Rank in category: 10(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	14:47	4:32	5	3:38	27	4:16	3.25	14:47	4:32	5	3:38	27	4:16
Lap 2	3.25	15:53	4:53	10	4:01	35	4:22	6.50	30:40	4:43	7	7:39	29	8:38
Last lap Finish	3.25	16:46	5:09	12	4:54	45	5:07	9.75	47:26	4:51	10	12:33	35	13:38