



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Spies, Sven

Club: Getting Tough e.V

Number: 225

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:05

Speed: 11.23 km/h

Running performance: 4:56 min/km

Rank in course/Total: 45 (of 246)

Rank in course/Men: 38 (of 148)

Best time in course: 33:48

Rank in category: 3(of 19)

Best time in the category: 33:48

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	14:56	4:35	3	4:25	35	4:25	3.25	14:56	4:35	3	4:25	35	4:25
Lap 2	3.25	16:07	4:57	3	4:36	40	4:36	6.50	31:03	4:46	3	9:01	37	9:01
Last lap Finish	3.25	17:02	5:14	5	5:16	53	5:23	9.75	48:05	4:55	3	14:17	38	14:17