



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Heller, Christian

Club: ASC Marktrodach

Number: 95

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:31

Speed: 11.13 km/h

Running performance: 4:59 min/km

Rank in course/Total: 49 (of 246)

Rank in course/Men: 41 (of 148)

Best time in course: 33:48

Rank in category: 10(of 27)

Best time in the category: 39:06

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	16:00	4:55	11	3:44	46	5:29	3.25	16:00	4:55	11	3:44	46	5:29
Lap 2	3.25	16:38	5:07	10	3:10	45	5:07	6.50	32:38	5:01	11	6:54	45	10:36
Last lap Finish	3.25	15:53	4:53	9	2:31	32	4:14	9.75	48:31	4:58	10	9:25	41	14:43