



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Appel, Manuel

Club: TSV AUSBACH

Number: 4

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 48:22

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 48 (of 246)

Rank in course/Men: 39 (of 148)

Best time in course: 33:48

Rank in category: 5(of 13)

Best time in the category: 36:39

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	14:54	4:35	5	3:39	33	4:23	3.25	14:54	4:35	5	3:39	33	4:23
Lap 2	3.25	15:54	4:53	4	3:02	37	4:23	6.50	30:48	4:44	4	6:41	34	8:46
Last lap Finish	3.25	17:34	5:24	6	5:02	60	5:55	9.75	48:22	4:57	5	11:43	39	14:34