



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: 11.16 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 |