



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Grün, Sascha

Club: SC DHfK Leipzig

Number: 80

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:38

Speed: 11.10 km/h

Running performance: 4:59 min/km

Rank in course/Total: 51 (of 246)

Rank in course/Men: 42 (of 148)

Best time in course: 33:48

Rank in category: 11(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	15:17	4:42	10	3:01	40	4:46	3.25	15:17	4:42	10	3:01	40	4:46
Lap 2	3.25	16:53	5:11	11	3:25	49	5:22	6.50	32:10	4:56	10	6:26	41	10:08
Last lap Finish	3.25	16:28	5:03	11	3:06	39	4:49	9.75	48:38	4:59	11	9:32	42	14:50