



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Koch, Lars

Club: Mulfingen

Number: 126

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:04

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 55 (of 246)

Rank in course/Men: 44 (of 148)

Best time in course: 33:48

Rank in category: 4(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	15:39	4:48	5	5:08	43	5:08	3.25	15:39	4:48	5	5:08	43	5:08
Lap 2	3.25	16:38	5:07	4	5:07	45	5:07	6.50	32:17	4:58	5	10:15	44	10:15
Last lap Finish	3.25	16:47	5:09	3	5:01	47	5:08	9.75	49:04	5:01	4	15:16	44	15:16