



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Matuschek, Thilo

Club: ASC Marktrodach

Number: 148

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:08

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 56 (of 246)

Rank in course/Men: 45 (of 148)

Best time in course: 33:48

Rank in category: 4(of 14)

Best time in the category: 44:50

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	16:07	4:57	3	1:22	52	5:36	3.25	16:07	4:57	3	1:22	52	5:36
Lap 2	3.25	16:31	5:04	4	1:24	44	5:00	6.50	32:38	5:01	4	2:46	45	10:36
Last lap Finish	3.25	16:30	5:04	4	1:32	40	4:51	9.75	49:08	5:02	4	4:18	45	15:20