



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Antoni, Günther

Club: Laufftreff Freigericht

Number: 3

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:08

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 57 (of 246)

Rank in course/Men: 45 (of 148)

Best time in course: 33:48

Rank in category: 5(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	15:01	4:37	4	4:30	39	4:30	3.25	15:01	4:37	4	4:30	39	4:30
Lap 2	3.25	17:15	5:18	6	5:44	55	5:44	6.50	32:16	4:57	4	10:14	43	10:14
Last lap Finish	3.25	16:52	5:11	4	5:06	51	5:13	9.75	49:08	5:02	5	15:20	45	15:20