



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gottwalt, Bastian

Club: Meininger Kanusportverein e.V.

Number: 76

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:11

Speed: 10.76 km/h

Running performance: 5:09 min/km

Rank in course/Total: 63 (of 246)

Rank in course/Men: 50 (of 148)

Best time in course: 33:48

Rank in category: 6(of 12)

Best time in the category: 35:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	15:57	4:54	5	4:23	45	5:26	3.25	15:57	4:54	5	4:23	45	5:26
Lap 2	3.25	16:46	5:09	4	4:40	47	5:15	6.50	32:43	5:01	5	9:03	49	10:41
Last lap Finish	3.25	17:28	5:22	6	5:49	56	5:49	9.75	50:11	5:08	6	14:52	50	16:23