



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Pöhlmann, Björn**

Club: ASC Marktrodach

Number: 174

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 51:12

Speed: 10.55 km/h

Running performance: 5:15 min/km

Rank in course/Total: 74 (of 246)

Rank in course/Men: 54 (of 148)

Best time in course: 33:48

Rank in category: 6(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	16:04	4:56	6	5:33	48	5:33	3.25	16:04	4:56	6	5:33	48	5:33
Lap 2	3.25	16:59	5:13	5	5:28	53	5:28	6.50	33:03	5:05	6	11:01	50	11:01
Last lap Finish	3.25	18:09	5:35	10	6:23	73	6:30	9.75	51:12	5:15	6	17:24	54	17:24