



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Wonnemann, Thorsten

Club: LG Burg Wiedenbrück

Number: 259

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 51:48

Speed: 10.42 km/h

Running performance: 5:19 min/km

Rank in course/Total: 78 (of 246)

Rank in course/Men: 58 (of 148)

Best time in course: 33:48

Rank in category: 12(of 27)

Best time in the category: 39:06

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	16:08	4:57	13	3:52	53	5:37	3.25	16:08	4:57	13	3:52	53	5:37	
Lap 2	3.25	17:22	5:20	12	3:54	56	5:51	6.50	33:30	5:09	12	7:46	53	11:28	
Last lap Finish	3.25	18:18	5:37	14	4:56	75	6:39	9.75	51:48	5:18	12	12:42	58	18:00	