



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Röhrig, Stefan

Club: Team Erdinger Alkoholfrei

Number: 188

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 51:51

Speed: 10.41 km/h

Running performance: 5:19 min/km

Rank in course/Total: 80 (of 246)

Rank in course/Men: 59 (of 148)

Best time in course: 33:48

Rank in category: 9(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		Total		Total		Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men		
Lap 1	3.25	16:48	5:10	11	6:17	64	6:17	3.25	16:48	5:10	11	6:17	64	6:17	
Lap 2	3.25	17:32	5:23	9	6:01	60	6:01	6.50	34:20	5:16	9	12:18	63	12:18	
Last lap Finish	3.25	17:31	5:23	8	5:45	58	5:52	9.75	51:51	5:19	9	18:03	59	18:03	