



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Goldstein, Michel

Club: Team Erdinger Alkoholfrei

Number: 72

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 51:51

Speed: 10.41 km/h

Running performance: 5:19 min/km

Rank in course/Total: 81 (of 246)

Rank in course/Men: 59 (of 148)

Best time in course: 33:48

Rank in category: 12(of 20)

Best time in the category: 34:53

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	16:48	5:10	13	5:39	64	6:17	3.25	16:48	5:10	13	5:39	64	6:17
Lap 2	3.25	17:32	5:23	12	5:40	60	6:01	6.50	34:20	5:16	13	11:19	63	12:18
Last lap Finish	3.25	17:31	5:23	13	5:39	58	5:52	9.75	51:51	5:19	12	16:58	59	18:03