



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Schramm, Tobias

Club: run for fun

Number: 212

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:08

Speed: 14.58 km/h

Running performance: 4:07 min/km

Rank in course/Total: 7 (of 246)

Rank in course/Men: 7 (of 148)

Best time in course: 33:48

Rank in category: 2(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	12:36	3:52	2	0:20	9	2:05	3.25	12:36	3:52	2	0:20	9	2:05
Lap 2	3.25	13:42	4:12	2	0:14	8	2:11	6.50	26:18	4:02	2	0:34	7	4:16
Last lap Finish	3.25	13:50	4:15	2	0:28	8	2:11	9.75	40:08	4:06	2	1:02	7	6:20