



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Zschäbitz, Ralf

Club: Philippsthaler Landgrafen

Number: 266

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:00

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 88 (of 246)

Rank in course/Men: 64 (of 148)

Best time in course: 33:48

Rank in category: 5(of 14)

Best time in the category: 44:50

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	16:55	5:12	5	2:10	67	6:24	3.25	16:55	5:12	5	2:10	67	6:24
Lap 2	3.25	16:48	5:10	5	1:41	48	5:17	6.50	33:43	5:11	5	3:51	56	11:41
Last lap Finish	3.25	19:17	5:56	7	4:19	84	7:38	9.75	53:00	5:26	5	8:10	64	19:12