



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Biskamp, Stephan**

Club: Philippsthaler Landgrafen

Number: 18

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:00

Speed: 10.19 km/h

Running performance: 5:26 min/km

Rank in course/Total: 89 (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	16:54	5:11	6	1:47	50	5:23	6.50	33:49	5:12	6	3:57	57	11:47
Last lap Finish	3.25	19:11	5:54	6	4:13	81	7:32	9.75	53:00	5:26	5	8:10	64	19:12