



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Eichel, Sebastian

Club: Laufftreff Friedrichroda

Number: 46

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:18

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 91 (of 246)

Rank in course/Men: 67 (of 148)

Best time in course: 33:48

Rank in category: 13(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	15:49	4:51	11	4:40	44	5:18	3.25	15:49	4:51	11	4:40	44	5:18
Lap 2	3.25	18:15	5:36	14	6:23	72	6:44	6.50	34:04	5:14	12	11:03	61	12:02
Last lap Finish	3.25	19:14	5:55	16	7:22	82	7:35	9.75	53:18	5:28	13	18:25	67	19:30