



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Berzen, Ronny

Club: VfB Torpedo Ichttershausen

Number: 13

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:33

Speed: 10.08 km/h

Running performance: 5:29 min/km

Rank in course/Total: 92 (of 246)

Rank in course/Men: 68 (of 148)

Best time in course: 33:48

Rank in category: 11(of 19)

Best time in the category: 33:48

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	16:33	5:05	10	6:02	60	6:02	3.25	16:33	5:05	10	6:02	60	6:02
Lap 2	3.25	18:08	5:34	11	6:37	69	6:37	6.50	34:41	5:20	10	12:39	66	12:39
Last lap Finish	3.25	18:52	5:48	11	7:06	78	7:13	9.75	53:33	5:29	11	19:45	68	19:45