



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Geißler, Martin

Club: SPD Vacha

Number: 63

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:44

Speed: 10.05 km/h

Running performance: 5:31 min/km

Rank in course/Total: 95 (of 246)

Rank in course/Men: 70 (of 148)

Best time in course: 33:48

Rank in category: 14(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	19:10	5:53	17	8:01	109	8:39	3.25	19:10	5:53	17	8:01	109	8:39
Lap 2	3.25	18:10	5:35	13	6:18	70	6:39	6.50	37:20	5:44	15	14:19	90	15:18
Last lap Finish	3.25	16:24	5:02	11	4:32	38	4:45	9.75	53:44	5:30	14	18:51	70	19:56