



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Seiffert, Sebastian

Club: Berlin
Number: 222

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 56:38

Speed: 9.54 km/h
Running performance: 5:49 min/km

Rank in course/Total: 101 (of 220)

Rank in course/Men: 74 (of 126)

Best time in course: 35:30

Rank in category: 14(of 22)

Best time in the category: 35:30

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	18:48	5:47	15	7:35	82	7:35	3.25	18:48	5:47	15	7:35	82	7:35
Lap 2	3.25	19:01	5:51	13	6:56	73	19:00	6.50	37:49	5:49	15	14:31	79	20:28
Last lap Finish	3.25	18:49	5:47	13	6:37	66	6:37	9.75	56:38	5:48	14	21:08	74	21:08