



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gebel, Pascal

Club: TV Lebach

Number: 57

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 43:20

Speed: 13.50 km/h

Running performance: 4:26 min/km

Rank in course/Total: 14 (of 220)

Rank in course/Men: 13 (of 126)

Best time in course: 35:30

Rank in category: 2(of 10)

Best time in the category: 42:19

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 | 12:49 | 3:56 | 1 | - | 5 | 1:36 | 3.25 | 12:49 | 3:56 | 1 | - | 5 | 1:36 |
| Lap 2 | 3.25 | 14:21 | 4:24 | 2 | 0:11 | 11 | 14:20 | 6.50 | 27:10 | 4:10 | 1 | - | 10 | 9:49 |
| Last lap Finish | 3.25 | 16:10 | 4:58 | 3 | 2:26 | 23 | 3:58 | 9.75 | 43:20 | 4:26 | 2 | 1:01 | 13 | 7:50 |