



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Pantke, Uwe**

Club: LAV Halensia

Number: 175

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:55

Speed: 13.63 km/h

Running performance: 4:24 min/km

Rank in course/Total: 11 (of 220)

Rank in course/Men: 10 (of 126)

Best time in course: 35:30

Rank in category: 1(of 18)

Best time in the category: 42:55

### 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	13:13	4:03	1	-	9	2:00	3.25	13:13	4:03	1	-	9	2:00
Lap 2	3.25	14:49	4:33	2	14:48	18	14:48	6.50	28:02	4:18	2	9:57	12	10:41
Last lap Finish	3.25	14:53	4:34	1	-	13	2:41	9.75	42:55	4:24	1	-	10	7:25