



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Keul, Lukas

Club: Falkensee

Number: 107

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:00:29

Speed: 9.67 km/h

Running performance: 6:12 min/km

Rank in course/Total: 127 (of 220)

Rank in course/Men: 84 (of 126)

Best time in course: 35:30

Rank in category: 4(of 6)

Best time in the category: 37:01

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	20:48	6:24	4	9:34	105	9:35	3.25	20:48	6:24	4	9:34	105	9:35
Lap 2	3.25	20:35	6:19	4	7:56	86	20:34	6.50	41:23	6:21	4	17:30	93	24:02
Last lap Finish	3.25	19:06	5:52	4	5:58	71	6:54	9.75	1:00:29	6:12	4	23:28	84	24:59