



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Risse, Stefan**

Club: TuS Ovenhausen

Number: 194

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:00:31

Speed: 9.67 km/h

Running performance: 6:13 min/km

Rank in course/Total: 128 (of 220)

Rank in course/Men: 85 (of 126)

Best time in course: 35:30

Rank in category: 9(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	19:18	5:56	11	6:05	86	8:05	3.25	19:18	5:56	11	6:05	86	8:05
Lap 2	3.25	20:09	6:11	9	20:08	83	20:08	6.50	39:27	6:04	10	21:22	84	22:06
Last lap Finish	3.25	21:04	6:28	9	6:11	92	8:52	9.75	1:00:31	6:12	9	17:36	85	25:01