



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gutjahr, Jens

Number: 75

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:00:42

Speed: 8.90 km/h

Running performance: 6:14 min/km

Rank in course/Total: 130 (of 220)

Rank in course/Men: 86 (of 126)

Best time in course: 35:30

Rank in category: 10(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	17:26	5:21	7	4:13	61	6:13	3.25	17:26	5:21	7	4:13	61	6:13
Lap 2	3.25	21:10	6:30	10	21:09	91	21:09	6.50	38:36	5:56	9	20:31	80	21:15
Last lap Finish	3.25	22:06	6:48	12	7:13	101	9:54	9.75	1:00:42	6:13	10	17:47	86	25:12