



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Eilitz, Conny

Club: BSG Evonik Rheinland e.V.

Number: 43

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:00:48

Speed: 8.88 km/h

Running performance: 6:14 min/km

Rank in course/Total: 134 (of 220)

Rank in course/Men: 89 (of 126)

Best time in course: 35:30

Rank in category: 17(of 22)

Best time in the category: 35:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	19:45	6:04	18	8:32	94	8:32	3.25	19:45	6:04	18	8:32	94	8:32	
Lap 2	3.25	20:15	6:13	16	8:10	85	20:14	6.50	40:00	6:09	16	16:42	85	22:39	
Last lap Finish	3.25	20:48	6:24	18	8:36	90	8:36	9.75	1:00:48	6:14	17	25:18	89	25:18	