



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bahl, Andreas

Club: Gelsenkirchen

Number: 5

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:44

Speed: 9.48 km/h

Running performance: 6:20 min/km

Rank in course/Total: 138 (of 220)

Rank in course/Men: 90 (of 126)

Best time in course: 35:30

Rank in category: 13(of 18)

Best time in the category: 39:29

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 | 19:06 | 5:52 | 12 | 6:44 | 85 | 7:53 | 3.25 | 19:06 | 5:52 | 12 | 6:44 | 85 | 7:53 |
| Lap 2 | 3.25 | 21:28 | 6:36 | 14 | 8:10 | 93 | 21:27 | 6.50 | 40:34 | 6:14 | 12 | 14:54 | 89 | 23:13 |
| Last lap Finish | 3.25 | 21:10 | 6:30 | 14 | 7:22 | 94 | 8:58 | 9.75 | 1:01:44 | 6:19 | 13 | 22:15 | 90 | 26:14 |