



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Münzer, Michael

Club: Wachtberg

Number: 166

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:01:48

Speed: 8.74 km/h

Running performance: 6:20 min/km

Rank in course/Total: 139 (of 220)

Rank in course/Men: 91 (of 126)

Best time in course: 35:30

Rank in category: 18(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	20:24	6:16	19	9:11	100	9:11	3.25	20:24	6:16	19	9:11	100	9:11
Lap 2	3.25	20:48	6:24	18	8:43	89	20:47	6.50	41:12	6:20	18	17:54	92	23:51
Last lap Finish	3.25	20:36	6:20	16	8:24	88	8:24	9.75	1:01:48	6:20	18	26:18	91	26:18