



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Soares, Fernando

Club: SV Reelsen

Number: 229

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:01:51

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 140 (of 220)

Rank in course/Men: 92 (of 126)

Best time in course: 35:30

Rank in category: 11(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	19:26	5:58	12	6:13	89	8:13	3.25	19:26	5:58	12	6:13	89	8:13
Lap 2	3.25	22:05	6:47	13	22:04	102	22:04	6.50	41:31	6:23	12	23:26	94	24:10
Last lap Finish	3.25	20:20	6:15	8	5:27	85	8:08	9.75	1:01:51	6:20	11	18:56	92	26:21