



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Wagner, Marcus

Club: TV Gladenbach

Number: 246

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:32

Speed: 12.40 km/h

Running performance: 4:28 min/km

Rank in course/Total: 15 (of 220)

Rank in course/Men: 14 (of 126)

Best time in course: 35:30

Rank in category: 4(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	14:25	4:26	4	2:03	18	3:12	3.25	14:25	4:26	4	2:03	18	3:12
Lap 2	3.25	14:26	4:26	3	1:08	13	14:25	6.50	28:51	4:26	4	3:11	19	11:30
Last lap Finish	3.25	14:41	4:31	3	0:53	9	2:29	9.75	43:32	4:27	4	4:03	14	8:02