



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Singer, Herbert

Club: Team Erdinger Alkoholfrei

Number: 227

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:03:55

Speed: 8.45 km/h

Running performance: 6:34 min/km

Rank in course/Total: 158 (of 220)

Rank in course/Men: 101 (of 126)

Best time in course: 35:30

Rank in category: 14(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	20:08	6:11	13	7:46	98	8:55	3.25	20:08	6:11	13	7:46	98	8:55
Lap 2	3.25	21:26	6:35	13	8:08	92	21:25	6.50	41:34	6:23	14	15:54	95	24:13
Last lap Finish	3.25	22:21	6:52	16	8:33	104	10:09	9.75	1:03:55	6:33	14	24:26	101	28:25