



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Semelink, Christian**

Club: Warburger SV

Number: 226

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:03:27

Speed: 8.51 km/h

Running performance: 6:31 min/km

Rank in course/Total: 153 (of 220)

Rank in course/Men: 97 (of 126)

Best time in course: 35:30

Rank in category: 5(of 8)

Best time in the category: 43:16

### 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	20:42	6:22	7	6:53	104	9:29	3.25	20:42	6:22	7	6:53	104	9:29
Lap 2	3.25	21:36	6:38	5	6:51	96	21:35	6.50	42:18	6:30	7	13:44	101	24:57
Last lap Finish	3.25	21:09	6:30	5	6:27	93	8:57	9.75	1:03:27	6:30	5	20:11	97	27:57