



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: 9.22 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 |