



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Thiel, Ronald

Club: EGLZ / Görlitzer Falken

Number: 240

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:44

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 16 (of 220)

Rank in course/Men: 15 (of 126)

Best time in course: 35:30

Rank in category: 4(of 22)

Best time in the category: 35:30

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	13:36	4:11	4	2:23	13	2:23	3.25	13:36	4:11	4	2:23	13	2:23
Lap 2	3.25	14:45	4:32	4	2:40	15	14:44	6.50	28:21	4:21	4	5:03	13	11:00
Last lap Finish	3.25	15:23	4:44	4	3:11	16	3:11	9.75	43:44	4:29	4	8:14	15	8:14