



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Scherhag, Sascha

Club: Ausdauerschule by bunkert

Number: 204

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:04:32

Speed: 8.37 km/h

Running performance: 6:37 min/km

Rank in course/Total: 161 (of 220)

Rank in course/Men: 102 (of 126)

Best time in course: 35:30

Rank in category: 15(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	21:35	6:38	16	9:13	111	10:22	3.25	21:35	6:38	16	9:13	111	10:22
Lap 2	3.25	21:30	6:36	15	8:12	94	21:29	6.50	43:05	6:37	15	17:25	106	25:44
Last lap Finish	3.25	21:27	6:35	15	7:39	96	9:15	9.75	1:04:32	6:37	15	25:03	102	29:02