



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Just, Siegmar

Club: Chemnitzer PSV

Number: 106

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:05:08

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 166 (of 220)

Rank in course/Men: 103 (of 126)

Best time in course: 35:30

Rank in category: 7(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	19:51	6:06	5	6:02	95	8:38	3.25	19:51	6:06	5	6:02	95	8:38
Lap 2	3.25	22:07	6:48	7	7:22	103	22:06	6.50	41:58	6:27	6	13:24	100	24:37
Last lap Finish	3.25	23:10	7:07	7	8:28	109	10:58	9.75	1:05:08	6:40	7	21:52	103	29:38