



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bednarczyk, Jens

Club: TSG Apolda

Number: 8

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:16

Speed: 12.20 km/h

Running performance: 4:32 min/km

Rank in course/Total: 17 (of 220)

Rank in course/Men: 16 (of 126)

Best time in course: 35:30

Rank in category: 5(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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | Pos Men | Behind Men |
| Lap 1 | 3.25 | 13:49 | 4:15 | 5 | 2:36 | 16 | 2:36 | 3.25 | 13:49 | 4:15 | 5 | 2:36 | 16 | 2:36 |
| Lap 2 | 3.25 | 14:50 | 4:33 | 5 | 2:45 | 19 | 14:49 | 6.50 | 28:39 | 4:24 | 5 | 5:21 | 17 | 11:18 |
| Last lap Finish | 3.25 | 15:37 | 4:48 | 5 | 3:25 | 18 | 3:25 | 9.75 | 44:16 | 4:32 | 5 | 8:46 | 16 | 8:46 |