



# 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: 13.22 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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	13:49	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