



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Sperling, Kai

Club: Lauffreunde HADI Wesel

Number: 512

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:05:54

Speed: 8.88 km/h

Running performance: 6:46 min/km

Rank in course/Total: 174 (of 220)

Rank in course/Men: 107 (of 126)

Best time in course: 35:30

Rank in category: 19(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	22:29	6:55	22	11:16	119	11:16	3.25	22:29	6:55	22	11:16	119	11:16
Lap 2	3.25	22:12	6:49	19	10:07	105	22:11	6.50	44:41	6:52	21	21:23	112	27:20
Last lap Finish	3.25	21:13	6:31	19	9:01	95	9:01	9.75	1:05:54	6:45	19	30:24	107	30:24