



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Christ, Dirk

Club: Lauffreunde HADI Wesel

Number: 29

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:30

Speed: 8.93 km/h

Running performance: 6:43 min/km

Rank in course/Total: 171 (of 220)

Rank in course/Men: 105 (of 126)

Best time in course: 35:30

Rank in category: 16(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	22:30	6:55	17	10:08	120	11:17	3.25	22:30	6:55	17	10:08	120	11:17
Lap 2	3.25	22:11	6:49	16	8:53	104	22:10	6.50	44:41	6:52	17	19:01	112	27:20
Last lap Finish	3.25	20:49	6:24	13	7:01	91	8:37	9.75	1:05:30	6:43	16	26:01	105	30:00