



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Przybylski, Marek

Club: Bremen

Number: 184

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:06:05

Speed: 8.17 km/h

Running performance: 6:47 min/km

Rank in course/Total: 178 (of 220)

Rank in course/Men: 108 (of 126)

Best time in course: 35:30

Rank in category: 20(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	3.25	19:42	6:03	17	8:29	92	8:29	3.25	19:42	6:03	17	8:29	92	8:29
Lap 2	3.25	23:22	7:11	21	11:17	111	23:21	6.50	43:04	6:37	19	19:46	105	25:43
Last lap Finish	3.25	23:01	7:04	20	10:49	106	10:49	9.75	1:06:05	6:46	20	30:35	108	30:35