



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lasse, Detlef Fred

Club: Magdeburg

Number: 132

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:06:14

Speed: 8.15 km/h

Running performance: 6:47 min/km

Rank in course/Total: 179 (of 220)

Rank in course/Men: 109 (of 126)

Best time in course: 35:30

Rank in category: 14(of 18)

Best time in the category: 42:55

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	20:31	6:18	14	7:18	101	9:18	3.25	20:31	6:18	14	7:18	101	9:18
Lap 2	3.25	22:55	7:03	14	22:54	107	22:54	6.50	43:26	6:40	14	25:21	108	26:05
Last lap Finish	3.25	22:48	7:00	14	7:55	105	10:36	9.75	1:06:14	6:47	14	23:19	109	30:44