



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Mache, Roland

Club: BSG Evonik Rheinland e.V.

Number: 437

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:07:06

Speed: 8.72 km/h

Running performance: 6:53 min/km

Rank in course/Total: 180 (of 220)

Rank in course/Men: 110 (of 126)

Best time in course: 35:30

Rank in category: 15(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	21:05	6:29	15	7:52	108	9:52	3.25	21:05	6:29	15	7:52	108	9:52
Lap 2	3.25	22:56	7:03	15	22:55	108	22:55	6.50	44:01	6:46	15	25:56	110	26:40
Last lap Finish	3.25	23:05	7:06	15	8:12	107	10:53	9.75	1:07:06	6:52	15	24:11	110	31:36