



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Friedrich, Alexander

Club: Dallgow Döberitz

Number: 53

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:08:20

Speed: 7.90 km/h

Running performance: 7:01 min/km

Rank in course/Total: 183 (of 220)

Rank in course/Men: 112 (of 126)

Best time in course: 35:30

Rank in category: 17(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	20:41	6:21	14	8:19	103	9:28	3.25	20:41	6:21	14	8:19	103	9:28
Lap 2	3.25	22:43	6:59	17	9:25	106	22:42	6.50	43:24	6:40	16	17:44	107	26:03
Last lap Finish	3.25	24:56	7:40	17	11:08	117	12:44	9.75	1:08:20	7:00	17	28:51	112	32:50