



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Ossa, Matthias

Club: Team HÜÄH

Number: 172

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 44:27

Speed: 12.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 19 (of 220)

Rank in course/Men: 17 (of 126)

Best time in course: 35:30

Rank in category: 2(of 22)

Best time in the category: 35:53

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	15:02	4:37	4	3:46	26	3:49	3.25	15:02	4:37	4	3:46	26	3:49
Lap 2	3.25	14:43	4:31	3	14:42	14	14:42	6.50	29:45	4:34	3	12:24	20	12:24
Last lap Finish	3.25	14:42	4:31	2	2:19	10	2:30	9.75	44:27	4:33	2	8:34	17	8:57