



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Löhr, Ulli

Club: skylinerunner

Number: 138

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:11:13

Speed: 7.58 km/h

Running performance: 7:18 min/km

Rank in course/Total: 196 (of 220)

Rank in course/Men: 117 (of 126)

Best time in course: 35:30

Rank in category: 11(of 15)

Best time in the category: 41:13

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	22:59	7:04	13	9:57	122	11:46	3.25	22:59	7:04	13	9:57	122	11:46
Lap 2	3.25	23:57	7:22	12	9:57	115	23:56	6.50	46:56	7:13	12	19:54	120	29:35
Last lap Finish	3.25	24:17	7:28	12	10:06	112	12:05	9.75	1:11:13	7:18	11	30:00	117	35:43