



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lyko, Steffen

Club: SV Turbine Neubrandenburg
Number: 142

Course: 9.75 km
10 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:10:38

Speed: 7.65 km/h
Running performance: 7:14 min/km

Rank in course/Total: 190 (of 220)

Rank in course/Men: 114 (of 126)

Best time in course: 35:30

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	22:27	6:54	17	9:14	118	11:14	3.25	22:27	6:54	17	9:14	118	11:14
Lap 2	3.25	23:37	7:15	16	23:36	113	23:36	6.50	46:04	7:05	16	27:59	114	28:43
Last lap Finish	3.25	24:34	7:33	16	9:41	113	12:22	9.75	1:10:38	7:14	16	27:43	114	35:08