



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Riedel, Torsten

Club: Funteam

Number: 191

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:17:33

Speed: 7.54 km/h

Running performance: 7:57 min/km

Rank in course/Total: 213 (of 220)

Rank in course/Men: 123 (of 126)

Best time in course: 35:30

Rank in category: 18(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	22:54	7:02	18	10:32	121	11:41	3.25	22:54	7:02	18	10:32	121	11:41
Lap 2	3.25	26:02	8:00	18	12:44	123	26:01	6.50	48:56	7:31	18	23:16	123	31:35
Last lap Finish	3.25	28:37	8:48	18	14:49	121	16:25	9.75	1:17:33	7:57	18	38:04	123	42:03