



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Doering, Thomas

Club: Stadtcafe Hünfeld

Number: 39

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:13:14

Speed: 7.37 km/h

Running performance: 7:31 min/km

Rank in course/Total: 204 (of 220)

Rank in course/Men: 122 (of 126)

Best time in course: 35:30

Rank in category: 13(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	22:22	6:52	12	9:20	117	11:09	3.25	22:22	6:52	12	9:20	117	11:09
Lap 2	3.25	24:42	7:35	13	10:42	121	24:41	6.50	47:04	7:14	13	20:02	121	29:43
Last lap Finish	3.25	26:10	8:03	13	11:59	119	13:58	9.75	1:13:14	7:30	13	32:01	122	37:44