



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

KOZŁOWSKI, MIKOŁAJ

Club: GORZÓW WLKP.

Number: 122

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:12:48

Speed: 8.04 km/h

Running performance: 7:28 min/km

Rank in course/Total: 202 (of 220)

Rank in course/Men: 120 (of 126)

Best time in course: 35:30

Rank in category: 17(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.	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	22:05	6:47	16	8:52	115	10:52	3.25	22:05	6:47	16	8:52	115	10:52
Lap 2	3.25	24:28	7:31	17	24:27	120	24:27	6.50	46:33	7:09	17	28:28	118	29:12
Last lap Finish	3.25	26:15	8:04	17	11:22	120	14:03	9.75	1:12:48	7:28	17	29:53	120	37:18