



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Padberg, Dirk

Club: Cookie Monster Running

Number: 174

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:12:51

Speed: 8.03 km/h

Running performance: 7:28 min/km

Rank in course/Total: 203 (of 220)

Rank in course/Men: 121 (of 126)

Best time in course: 35:30

Rank in category: 18(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	24:07	7:25	18	10:54	124	12:54	3.25	24:07	7:25	18	10:54	124	12:54
Lap 2	3.25	27:08	8:20	18	27:07	124	27:07	6.50	51:15	7:53	18	33:10	124	33:54
Last lap Finish	3.25	21:36	6:38	10	6:43	97	9:24	9.75	1:12:51	7:28	18	29:56	121	37:21