



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dittmer, Patrick

Club: Rotenburg

Number: 38

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:11:01

Speed: 7.60 km/h

Running performance: 7:17 min/km

Rank in course/Total: 193 (of 220)

Rank in course/Men: 115 (of 126)

Best time in course: 35:30

Rank in category: 22(of 22)

Best time in the category: 35:30

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	21:53	6:44	21	10:40	113	10:40	3.25	21:53	6:44	21	10:40	113	10:40
Lap 2	3.25	24:23	7:30	22	12:18	117	24:22	6.50	46:16	7:07	22	22:58	115	28:55
Last lap Finish	3.25	24:45	7:36	22	12:33	116	12:33	9.75	1:11:01	7:17	22	35:31	115	35:31