



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Beger, Detlef

Club: Adler Langlauf Bottrop

Number: 11

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:33:05

Speed: 6.28 km/h

Running performance: 9:33 min/km

Rank in course/Total: 216 (of 220)

Rank in course/Men: 124 (of 126)

Best time in course: 35:30

Rank in category: 14(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	27:35	8:29	15	14:33	125	16:22	3.25	27:35	8:29	15	14:33	125	16:22
Lap 2	3.25	30:38	9:25	15	16:38	125	30:37	6.50	58:13	8:57	15	31:11	125	40:52
Last lap Finish	3.25	34:52	10:43	14	20:41	123	22:40	9.75	1:33:05	9:32	14	51:52	124	57:35