



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda

Number: 60

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 45:34

Speed: 11.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 21 (of 220)

Rank in course/Men: 18 (of 126)

Best time in course: 35:30

Rank in category: 2(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	15:18	4:42	3	2:05	30	4:05	3.25	15:18	4:42	3	2:05	30	4:05
Lap 2	3.25	15:06	4:38	3	15:05	20	15:05	6.50	30:24	4:40	3	12:19	23	13:03
Last lap Finish	3.25	15:10	4:39	2	0:17	14	2:58	9.75	45:34	4:40	2	2:39	18	10:04