



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

Schöber, Ingo

Club: KOMPAKT - Schule mit Zukunft  
Number: 215

Course: 9.75 km  
10 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 46:08

Speed: 11.71 km/h

Running performance: 4:44 min/km

Rank in course/Total: 22 (of 220)

Rank in course/Men: 19 (of 126)

Best time in course: 35:30

Rank in category: 2(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	14:34	4:28	2	1:32	21	3:21	3.25	14:34	4:28	2	1:32	21	3:21
Lap 2	3.25	15:23	4:44	2	1:23	21	15:22	6.50	29:57	4:36	2	2:55	21	12:36
Last lap Finish	3.25	16:11	4:58	2	2:00	24	3:59	9.75	46:08	4:43	2	4:55	19	10:38