



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hass, Paul

Club: TC Fiko Rostock e.V.

Number: 82

Course: 9.75 km

10 km Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 46:30

Speed: 11.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 24 (of 220)

Rank in course/Men: 21 (of 126)

Best time in course: 35:30

Rank in category: 1(of 3)

Best time in the category: 46:30

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	13:13	4:03	1	-	9	2:00	3.25	13:13	4:03	1	-	9	2:00
Lap 2	3.25	15:37	4:48	1	-	22	15:36	6.50	28:50	4:26	1	-	18	11:29
Last lap Finish	3.25	17:40	5:26	1	-	50	5:28	9.75	46:30	4:46	1	-	21	11:00