



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Jung, Michael

Club: Soest
Number: 102

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:26

Speed: 11.38 km/h
Running performance: 4:52 min/km

Rank in course/Total: 27 (of 220)

Rank in course/Men: 24 (of 126)

Best time in course: 35:30

Rank in category: 6(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	14:27	4:26	6	3:14	20	3:14	3.25	14:27	4:26	6	3:14	20	3:14
Lap 2	3.25	16:16	5:00	6	4:11	29	16:15	6.50	30:43	4:43	6	7:25	25	13:22
Last lap Finish	3.25	16:43	5:08	6	4:31	30	4:31	9.75	47:26	4:51	6	11:56	24	11:56