



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bogdahn, Philipp

Club: Hystem Extranjeros

Number: 15

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:08

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 31 (of 220)

Rank in course/Men: 28 (of 126)

Best time in course: 35:30

Rank in category: 3(of 10)

Best time in the category: 42:19

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	16:12	4:59	3	3:23	37	4:59	3.25	16:12	4:59	3	3:23	37	4:59
Lap 2	3.25	16:05	4:56	3	1:55	25	16:04	6.50	32:17	4:58	3	5:07	36	14:56
Last lap Finish	3.25	15:51	4:52	2	2:07	19	3:39	9.75	48:08	4:56	3	5:49	28	12:38