



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Koch, Lars

Club: Herzberg

Number: 118

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:10

Speed: 11.21 km/h

Running performance: 4:56 min/km

Rank in course/Total: 32 (of 220)

Rank in course/Men: 29 (of 126)

Best time in course: 35:30

Rank in category: 7(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	14:50	4:33	7	3:37	24	3:37	3.25	14:50	4:33	7	3:37	24	3:37
Lap 2	3.25	16:23	5:02	7	4:18	32	16:22	6.50	31:13	4:48	7	7:55	29	13:52
Last lap Finish	3.25	16:57	5:12	7	4:45	35	4:45	9.75	48:10	4:56	7	12:40	29	12:40