



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Appel, Manuel**

Club: TSV Ausbach

Number: 3

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 48:37

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 37 (of 220)

Rank in course/Men: 32 (of 126)

Best time in course: 35:30

Rank in category: 7(of 22)

Best time in the category: 35:53

### 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	15:09	4:39	5	3:53	27	3:56	3.25	15:09	4:39	5	3:53	27	3:56
Lap 2	3.25	16:37	5:06	9	16:36	35	16:36	6.50	31:46	4:53	8	14:25	32	14:25
Last lap Finish	3.25	16:51	5:11	8	4:28	31	4:39	9.75	48:37	4:59	7	12:44	32	13:07