



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Wagner, Jan

Club: Gladenbach

Number: 245

Course: 9.75 km

10 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 49:16

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 40 (of 220)

Rank in course/Men: 35 (of 126)

Best time in course: 35:30

Rank in category: 3(of 6)

Best time in the category: 37:01

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	15:41	4:49	3	4:27	34	4:28	3.25	15:41	4:49	3	4:27	34	4:28
Lap 2	3.25	16:33	5:05	2	3:54	33	16:32	6.50	32:14	4:57	3	8:21	35	14:53
Last lap Finish	3.25	17:02	5:14	3	3:54	36	4:50	9.75	49:16	5:03	3	12:15	35	13:46