



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Brandenstein, Stefan

Club: Hönebach

Number: 22

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:32

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 47 (of 220)

Rank in course/Men: 41 (of 126)

Best time in course: 35:30

Rank in category: 12(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	16:15	5:00	9	4:59	39	5:02	3.25	16:15	5:00	9	4:59	39	5:02
Lap 2	3.25	17:03	5:14	13	17:02	43	17:02	6.50	33:18	5:07	12	15:57	43	15:57
Last lap Finish	3.25	17:14	5:18	12	4:51	43	5:02	9.75	50:32	5:10	12	14:39	41	15:02