



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Unger, Wolfgang

Club: Meerbusch

Number: 244

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:14

Speed: 11.42 km/h

Running performance: 5:15 min/km

Rank in course/Total: 52 (of 220)

Rank in course/Men: 45 (of 126)

Best time in course: 35:30

Rank in category: 4(of 15)

Best time in the category: 41:13

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	16:25	5:03	4	3:23	43	5:12	3.25	16:25	5:03	4	3:23	43	5:12
Lap 2	3.25	17:43	5:27	5	3:43	51	17:42	6.50	34:08	5:15	4	7:06	48	16:47
Last lap Finish	3.25	17:06	5:15	4	2:55	38	4:54	9.75	51:14	5:15	4	10:01	45	15:44