



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Pfeil, Christian

Club: Boostransformation am Dienstag
Number: 179

Course: 9.75 km
10 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 50:54

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 49 (of 220)

Rank in course/Men: 42 (of 126)

Best time in course: 35:30

Rank in category: 9(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	16:19	5:01	10	5:06	40	5:06	3.25	16:19	5:01	10	5:06	40	5:06
Lap 2	3.25	16:58	5:13	8	4:53	40	16:57	6.50	33:17	5:07	9	9:59	41	15:56
Last lap Finish	3.25	17:37	5:25	11	5:25	49	5:25	9.75	50:54	5:13	9	15:24	42	15:24