



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Förster, Frank

Club: Potsdam

Number: 51

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 51:12

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 51 (of 220)

Rank in course/Men: 44 (of 126)

Best time in course: 35:30

Rank in category: 13(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	17:20	5:19	14	6:04	57	6:07	3.25	17:20	5:19	14	6:04	57	6:07
Lap 2	3.25	0:01	0:00	1	-	1	-	6.50	17:21	2:40	1	-	1	-
Last lap Finish	3.25	33:51	10:24	22	21:28	122	21:39	9.75	51:12	5:15	13	15:19	44	15:42