



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Raskovic, Ninoslav

Club: IDAA Deutschland

Number: 468

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:29

Speed: 13.68 km/h

Running performance: 4:03 min/km

Rank in course/Total: 4 (of 220)

Rank in course/Men: 4 (of 126)

Best time in course: 35:30

Rank in category: 1(of 18)

Best time in the category: 39:29

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	12:22	3:48	1	-	4	1:09	3.25	12:22	3:48	1	-	4	1:09
Lap 2	3.25	13:18	4:05	1	-	6	13:17	6.50	25:40	3:56	1	-	6	8:19
Last lap Finish	3.25	13:49	4:15	2	0:01	6	1:37	9.75	39:29	4:02	1	-	4	3:59