



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Menzel, Michael

Club: Berka/Werra

Number: 149

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:58

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 45 (of 220)

Rank in course/Men: 39 (of 126)

Best time in course: 35:30

Rank in category: 10(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	16:30	5:04	12	5:14	45	5:17	3.25	16:30	5:04	12	5:14	45	5:17
Lap 2	3.25	16:37	5:06	9	16:36	35	16:36	6.50	33:07	5:05	10	15:46	40	15:46
Last lap Finish	3.25	16:51	5:11	8	4:28	31	4:39	9.75	49:58	5:07	10	14:05	39	14:28