



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Arnold, Lutz

Club: SV Lerchenberg

Number: 4

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 51:49

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 56 (of 220)

Rank in course/Men: 47 (of 126)

Best time in course: 35:30

Rank in category: 6(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	18:17	5:37	9	5:55	77	7:04	3.25	18:17	5:37	9	5:55	77	7:04
Lap 2	3.25	17:17	5:19	6	3:59	47	17:16	6.50	35:34	5:28	6	9:54	59	18:13
Last lap Finish	3.25	16:15	5:00	5	2:27	26	4:03	9.75	51:49	5:18	6	12:20	47	16:19