



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Niesik, Peter

Club: Zierenberg

Number: 169

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:18

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 59 (of 220)

Rank in course/Men: 49 (of 126)

Best time in course: 35:30

Rank in category: 10(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	16:13	4:59	9	5:00	38	5:00	3.25	16:13	4:59	9	5:00	38	5:00
Lap 2	3.25	17:48	5:28	12	5:43	54	17:47	6.50	34:01	5:14	10	10:43	46	16:40
Last lap Finish	3.25	18:17	5:37	12	6:05	60	6:05	9.75	52:18	5:21	10	16:48	49	16:48