



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

Holzcamp, Jan

Club: LG Oerlinghausen

Number: 95

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 52:24

Speed: 10.31 km/h

Running performance: 5:22 min/km

Rank in course/Total: 62 (of 220)

Rank in course/Men: 51 (of 126)

Best time in course: 35:30

Rank in category: 12(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		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:04	5:15	11	5:51	54	5:51	3.25	17:04	5:15	11	5:51	54	5:51
Lap 2	3.25	17:45	5:27	11	5:40	52	17:44	6.50	34:49	5:21	11	11:31	54	17:28
Last lap Finish	3.25	17:35	5:24	10	5:23	48	5:23	9.75	52:24	5:22	12	16:54	51	16:54