



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Schulz, Martin

Club: TC Fiko Rostock e.V.

Number: 221

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:42

Speed: 13.27 km/h

Running performance: 4:10 min/km

Rank in course/Total: 5 (of 220)

Rank in course/Men: 5 (of 126)

Best time in course: 35:30

Rank in category: 2(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	13:13	4:03	2	0:51	9	2:00	3.25	13:13	4:03	2	0:51	9	2:00
Lap 2	3.25	13:41	4:12	2	0:23	7	13:40	6.50	26:54	4:08	2	1:14	7	9:33
Last lap Finish	3.25	13:48	4:14	1	-	5	1:36	9.75	40:42	4:10	2	1:13	5	5:12