



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Engel, Silvio

Club: K 4 Leipzig e.V.

Number: 46

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:43

Speed: 11.10 km/h

Running performance: 5:25 min/km

Rank in course/Total: 66 (of 220)

Rank in course/Men: 54 (of 126)

Best time in course: 35:30

Rank in category: 5(of 15)

Best time in the category: 41:13

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	17:25	5:21	8	4:23	60	6:12	3.25	17:25	5:21	8	4:23	60	6:12
Lap 2	3.25	17:59	5:31	7	3:59	59	17:58	6.50	35:24	5:26	7	8:22	58	18:03
Last lap Finish	3.25	17:19	5:19	5	3:08	44	5:07	9.75	52:43	5:24	5	11:30	54	17:13