



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Müller, Matthias

Club: Freizeitsport SV Barwedel
Number: 164

Course: 9.75 km
10 km Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 52:58

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 69 (of 220)

Rank in course/Men: 56 (of 126)

Best time in course: 35:30

Rank in category: 6(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	17:37	5:25	9	4:35	67	6:24	3.25	17:37	5:25	9	4:35	67	6:24
Lap 2	3.25	17:33	5:24	4	3:33	49	17:32	6.50	35:10	5:24	6	8:08	57	17:49
Last lap Finish	3.25	17:48	5:28	6	3:37	52	5:36	9.75	52:58	5:25	6	11:45	56	17:28