



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gaber, Andreas

Club: Cottbus

Number: 55

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:04

Speed: 10.18 km/h

Running performance: 5:26 min/km

Rank in course/Total: 71 (of 220)

Rank in course/Men: 57 (of 126)

Best time in course: 35:30

Rank in category: 7(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	16:50	5:10	5	3:48	49	5:37	3.25	16:50	5:10	5	3:48	49	5:37
Lap 2	3.25	18:08	5:34	8	4:08	62	18:07	6.50	34:58	5:22	5	7:56	55	17:37
Last lap Finish	3.25	18:06	5:34	8	3:55	57	5:54	9.75	53:04	5:26	7	11:51	57	17:34