



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gessner, Arne

Club: Erlangen

Number: 61

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:38

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 43 (of 220)

Rank in course/Men: 37 (of 126)

Best time in course: 35:30

Rank in category: 9(of 22)

Best time in the category: 35:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	17:24	5:21	15	6:08	59	6:11	3.25	17:24	5:21	15	6:08	59	6:11
Lap 2	3.25	16:13	4:59	7	16:12	27	16:12	6.50	33:37	5:10	13	16:16	44	16:16
Last lap Finish	3.25	16:01	4:55	4	3:38	21	3:49	9.75	49:38	5:05	9	13:45	37	14:08