



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

Goldbach, Martin

Club: Neuhof

Number: 63

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:54

Speed: 10.02 km/h

Running performance: 5:32 min/km

Rank in course/Total: 78 (of 220)

Rank in course/Men: 61 (of 126)

Best time in course: 35:30

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	18:00	5:32	10	4:58	73	6:47	3.25	18:00	5:32	10	4:58	73	6:47
Lap 2	3.25	17:57	5:31	6	3:57	57	17:56	6.50	35:57	5:31	9	8:55	66	18:36
Last lap Finish	3.25	17:57	5:31	7	3:46	54	5:45	9.75	53:54	5:31	8	12:41	61	18:24