



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Sohr, Alexander

Club: Schönwalde-Glien

Number: 231

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:15

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 80 (of 220)

Rank in course/Men: 63 (of 126)

Best time in course: 35:30

Rank in category: 7(of 18)

Best time in the category: 39:29

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	18:28	5:40	10	6:06	79	7:15	3.25	18:28	5:40	10	6:06	79	7:15
Lap 2	3.25	17:55	5:30	7	4:37	56	17:54	6.50	36:23	5:35	9	10:43	71	19:02
Last lap Finish	3.25	17:52	5:29	7	4:04	53	5:40	9.75	54:15	5:33	7	14:46	63	18:45