



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Zülch, Benjamin

Club: ESV Ronshausen

Number: 260

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:11

Speed: 9.97 km/h

Running performance: 5:34 min/km

Rank in course/Total: 79 (of 220)

Rank in course/Men: 62 (of 126)

Best time in course: 35:30

Rank in category: 6(of 10)

Best time in the category: 42:19

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	17:34	5:24	6	4:45	66	6:21	3.25	17:34	5:24	6	4:45	66	6:21
Lap 2	3.25	18:19	5:38	7	4:09	65	18:18	6.50	35:53	5:31	6	8:43	63	18:32
Last lap Finish	3.25	18:18	5:37	8	4:34	61	6:06	9.75	54:11	5:33	6	11:52	62	18:41