



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Menzel, Benjamin**

Club: Erfurt  
Number: 148

Course: 9.75 km  
10 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 54:30

Speed: 10.73 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 85 (of 220)

Rank in course/Men: 65 (of 126)

Best time in course: 35:30

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	3.25	18:21	5:38	8	5:32	78	7:08	3.25	18:21	5:38	8	5:32	78	7:08
Lap 2	3.25	18:08	5:34	6	3:58	62	18:07	6.50	36:29	5:36	8	9:19	72	19:08
Last lap Finish	3.25	18:01	5:32	5	4:17	56	5:49	9.75	54:30	5:35	8	12:11	65	19:00