



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Golis, Rafael

Club: Pfinztal

Number: 64

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 53:16

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 74 (of 220)

Rank in course/Men: 58 (of 126)

Best time in course: 35:30

Rank in category: 16(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:47	5:28	17	6:31	71	6:34	3.25	17:47	5:28	17	6:31	71	6:34
Lap 2	3.25	18:00	5:32	16	17:59	61	17:59	6.50	35:47	5:30	16	18:26	60	18:26
Last lap Finish	3.25	17:29	5:22	13	5:06	46	5:17	9.75	53:16	5:27	16	17:23	58	17:46