



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Nöpel, Julius-Alexander

Club: Dresden

Number: 170

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:19

Speed: 10.77 km/h

Running performance: 5:34 min/km

Rank in course/Total: 81 (of 220)

Rank in course/Men: 64 (of 126)

Best time in course: 35:30

Rank in category: 7(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 | 17:38 | 5:25 | 7 | 4:49 | 69 | 6:25 | 3.25 | 17:38 | 5:25 | 7 | 4:49 | 69 | 6:25 |
| Lap 2 | 3.25 | 18:26 | 5:40 | 8 | 4:16 | 66 | 18:25 | 6.50 | 36:04 | 5:32 | 7 | 8:54 | 67 | 18:43 |
| Last lap Finish | 3.25 | 18:15 | 5:36 | 6 | 4:31 | 58 | 6:03 | 9.75 | 54:19 | 5:34 | 7 | 12:00 | 64 | 18:49 |