



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Slama, Dieter

Club: LG Vellmar

Number: 228

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 54:35

Speed: 9.89 km/h

Running performance: 5:36 min/km

Rank in course/Total: 87 (of 220)

Rank in course/Men: 66 (of 126)

Best time in course: 35:30

Rank in category: 4(of 8)

Best time in the category: 43:16

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	17:23	5:20	4	3:34	58	6:10	3.25	17:23	5:20	4	3:34	58	6:10
Lap 2	3.25	18:33	5:42	4	3:48	67	18:32	6.50	35:56	5:31	4	7:22	65	18:35
Last lap Finish	3.25	18:39	5:44	4	3:57	65	6:27	9.75	54:35	5:35	4	11:19	66	19:05