



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kraus, Christian

Club: TSV Ausbach

Number: 123

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 41:33

Speed: 13.00 km/h

Running performance: 4:16 min/km

Rank in course/Total: 8 (of 220)

Rank in course/Men: 7 (of 126)

Best time in course: 35:30

Rank in category: 2(of 22)

Best time in the category: 35:30

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	12:52	3:57	3	1:39	7	1:39	3.25	12:52	3:57	3	1:39	7	1:39
Lap 2	3.25	14:11	4:21	2	2:06	10	14:10	6.50	27:03	4:09	2	3:45	9	9:42
Last lap Finish	3.25	14:30	4:27	2	2:18	8	2:18	9.75	41:33	4:15	2	6:03	7	6:03