



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Heinlein, Heiko**

Club: Saalfeld

Number: 85

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 54:49

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 89 (of 220)

Rank in course/Men: 67 (of 126)

Best time in course: 35:30

Rank in category: 9(of 15)

Best time in the category: 41:13

### 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	17:02	5:14	6	4:00	53	5:49	3.25	17:02	5:14	6	4:00	53	5:49
Lap 2	3.25	18:49	5:47	10	4:49	71	18:48	6.50	35:51	5:30	8	8:49	62	18:30
Last lap Finish	3.25	18:58	5:50	10	4:47	68	6:46	9.75	54:49	5:37	9	13:36	67	19:19