



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Spohn, Matthias

Club: Glauchau

Number: 234

Course: 9.75 km

10 km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 55:42

Speed: 9.69 km/h

Running performance: 5:43 min/km

Rank in course/Total: 94 (of 220)

Rank in course/Men: 70 (of 126)

Best time in course: 35:30

Rank in category: 17(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	17:29	5:22	16	6:13	62	6:16	3.25	17:29	5:22	16	6:13	62	6:16
Lap 2	3.25	18:43	5:45	17	18:42	69	18:42	6.50	36:12	5:34	17	18:51	69	18:51
Last lap Finish	3.25	19:30	6:00	16	7:07	75	7:18	9.75	55:42	5:42	17	19:49	70	20:12