



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hiller, Alexander

Club: Laufgruppe Sonnenschein

Number: 91

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 56:04

Speed: 9.63 km/h

Running performance: 5:45 min/km

Rank in course/Total: 96 (of 220)

Rank in course/Men: 71 (of 126)

Best time in course: 35:30

Rank in category: 10(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	18:42	5:45	11	5:40	81	7:29	3.25	18:42	5:45	11	5:40	81	7:29
Lap 2	3.25	18:47	5:46	9	4:47	70	18:46	6.50	37:29	5:46	10	10:27	76	20:08
Last lap Finish	3.25	18:35	5:43	9	4:24	64	6:23	9.75	56:04	5:45	10	14:51	71	20:34