



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

LÖHR, Ulrich

Club: TuS Griesheim

Number: 490

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 59:37

Speed: 9.81 km/h

Running performance: 6:07 min/km

Rank in course/Total: 99 (of 166)

Rank in course/Men: 66 (of 94)

Best time in course: 36:01

Rank in category: 8(of 15)

Best time in the category: 39:25

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	19:34	6:01	10	6:48	70	7:43	3.25	19:34	6:01	10	6:48	70	7:43	
Lap 2	3.25	19:44	6:04	8	6:24	59	7:35	6.50	39:18	6:02	8	13:12	64	15:03	
Last lap Finish	3.25	20:19	6:15	9	7:00	62	8:33	9.75	59:37	6:06	8	20:12	66	23:36	