



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MATTHIAS, marian

Club: tiefenort

Number: 500

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:00:44

Speed: 8.89 km/h

Running performance: 6:14 min/km

Rank in course/Total: 105 (of 166)

Rank in course/Men: 70 (of 94)

Best time in course: 36:01

Rank in category: 8(of 11)

Best time in the category: 40:20

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	21:27	6:35	9	8:44	82	9:36	3.25	21:27	6:35	9	8:44	82	9:36
Lap 2	3.25	20:48	6:24	7	7:04	70	8:39	6.50	42:15	6:30	9	15:40	80	18:00
Last lap Finish	3.25	18:29	5:41	7	4:44	46	6:43	9.75	1:00:44	6:13	8	20:24	70	24:43