



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FALK, Hartmut

Club: Alsfeld

Number: 430

Course: 9.75 km

10 km Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:01:04

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 110 (of 166)

Rank in course/Men: 71 (of 94)

Best time in course: 36:01

Rank in category: 3(of 4)

Best time in the category: 57:29

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	19:49	6:05	3	1:53	72	7:58	3.25	19:49	6:05	3	1:53	72	7:58
Lap 2	3.25	20:33	6:19	3	1:26	66	8:24	6.50	40:22	6:12	3	3:19	69	16:07
Last lap Finish	3.25	20:42	6:22	3	0:20	71	8:56	9.75	1:01:04	6:15	3	3:35	71	25:03