



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RÖSER, Dirk

Club: KSV Baunatal

Number: 530

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:55

Speed: 9.45 km/h

Running performance: 6:21 min/km

Rank in course/Total: 114 (of 166)

Rank in course/Men: 74 (of 94)

Best time in course: 36:01

Rank in category: 13(of 16)

Best time in the category: 46:43

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	19:33	6:00	13	5:05	69	7:42	3.25	19:33	6:00	13	5:05	69	7:42
Lap 2	3.25	20:43	6:22	13	4:41	68	8:34	6.50	40:16	6:11	12	9:46	67	16:01
Last lap Finish	3.25	21:39	6:39	13	5:26	76	9:53	9.75	1:01:55	6:21	13	15:12	74	25:54