



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

TRAPP, Frank

Club: Irrläufer Dipperz

Number: 560

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:02:38

Speed: 9.34 km/h

Running performance: 6:25 min/km

Rank in course/Total: 116 (of 166)

Rank in course/Men: 76 (of 94)

Best time in course: 36:01

Rank in category: 11(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	18:54	5:48	8	6:08	59	7:03	3.25	18:54	5:48	8	6:08	59	7:03
Lap 2	3.25	21:54	6:44	13	8:34	79	9:45	6.50	40:48	6:16	10	14:42	71	16:33
Last lap Finish	3.25	21:50	6:43	12	8:31	78	10:04	9.75	1:02:38	6:25	11	23:13	76	26:37