



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

WEILBEER, Mirko

Club: Meuchelmörder

Number: 579

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:30

Speed: 12.71 km/h

Running performance: 4:22 min/km

Rank in course/Total: 11 (of 166)

Rank in course/Men: 11 (of 94)

Best time in course: 36:01

Rank in category: 4(of 12)

Best time in the category: 37:36

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	13:26	4:08	3	1:21	12	1:35	3.25	13:26	4:08	3	1:21	12	1:35
Lap 2	3.25	14:42	4:31	4	1:42	11	2:33	6.50	28:08	4:19	4	3:03	12	3:53
Last lap Finish	3.25	14:22	4:25	4	1:51	11	2:36	9.75	42:30	4:21	4	4:54	11	6:29