



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KÖBELIN, Frieder

Club: VFL Wampenhäusen

Number: 477

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:04:25

Speed: 8.38 km/h

Running performance: 6:37 min/km

Rank in course/Total: 129 (of 166)

Rank in course/Men: 81 (of 94)

Best time in course: 36:01

Rank in category: 9(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	20:01	6:09	8	7:18	76	8:10	3.25	20:01	6:09	8	7:18	76	8:10
Lap 2	3.25	22:03	6:47	8	8:19	82	9:54	6.50	42:04	6:28	8	15:29	78	17:49
Last lap Finish	3.25	22:21	6:52	9	8:36	80	10:35	9.75	1:04:25	6:36	9	24:05	81	28:24