



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

FROST, Frank

Club: BSG Beitragsservice

Number: 223

Course: 9.75 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:40

Speed: 8.22 km/h

Running performance: 6:44 min/km

Rank in course/Total: 137 (of 166)

Rank in course/Men: 83 (of 94)

Best time in course: 36:01

Rank in category: 15(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	21:57	6:45	15	7:29	87	10:06	3.25	21:57	6:45	15	7:29	87	10:06
Lap 2	3.25	21:58	6:45	15	5:56	81	9:49	6.50	43:55	6:45	15	13:25	84	19:40
Last lap Finish	3.25	21:45	6:41	14	5:32	77	9:59	9.75	1:05:40	6:44	15	18:57	83	29:39