



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RAPIOR, Jens

Club: Bad Liebenstein

Number: 520

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:05:55

Speed: 8.87 km/h

Running performance: 6:46 min/km

Rank in course/Total: 138 (of 166)

Rank in course/Men: 84 (of 94)

Best time in course: 36:01

Rank in category: 12(of 12)

Best time in the category: 37:36

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	21:28	6:36	12	9:23	83	9:37	3.25	21:28	6:36	12	9:23	83	9:37
Lap 2	3.25	21:57	6:45	12	8:57	80	9:48	6.50	43:25	6:40	12	18:20	83	19:10
Last lap Finish	3.25	22:30	6:55	12	9:59	81	10:44	9.75	1:05:55	6:45	12	28:19	84	29:54