



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RESCHKE, Mirko

Club: Isernhagen

Number: 526

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:07:16

Speed: 8.70 km/h

Running performance: 6:54 min/km

Rank in course/Total: 143 (of 166)

Rank in course/Men: 85 (of 94)

Best time in course: 36:01

Rank in category: 14(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 | 21:29 | 6:36 | 13 | 8:43 | 84 | 9:38 | 3.25 | 21:29 | 6:36 | 13 | 8:43 | 84 | 9:38 |
| Lap 2 | 3.25 | 22:43 | 6:59 | 14 | 9:23 | 85 | 10:34 | 6.50 | 44:12 | 6:48 | 14 | 18:06 | 85 | 19:57 |
| Last lap Finish | 3.25 | 23:04 | 7:05 | 13 | 9:45 | 84 | 11:18 | 9.75 | 1:07:16 | 6:53 | 14 | 27:51 | 85 | 31:15 |