



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: 8.03 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