



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RODI, Hans-Peter

Club: SV Birkenhard

Number: 300

Course: 9.75 km

10 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:08:17

Speed: 7.91 km/h

Running performance: 7:00 min/km

Rank in course/Total: 148 (of 166)

Rank in course/Men: 86 (of 94)

Best time in course: 36:01

Rank in category: 10(of 12)

Best time in the category: 40:22

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	20:05	6:10	10	7:09	78	8:14	3.25	20:05	6:10	10	7:09	78	8:14
Lap 2	3.25	24:12	7:26	11	10:35	89	12:03	6.50	44:17	6:48	10	17:44	86	20:02
Last lap Finish	3.25	24:00	7:23	10	10:11	88	12:14	9.75	1:08:17	7:00	10	27:55	86	32:16