



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

PANTKE, Uwe

Club: Teutschenthal

Number: 514

Course: 9.75 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 43:36

Speed: 12.39 km/h

Running performance: 4:28 min/km

Rank in course/Total: 14 (of 166)

Rank in course/Men: 13 (of 94)

Best time in course: 36:01

Rank in category: 2(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	13:21	4:06	2	0:35	11	1:30	3.25	13:21	4:06	2	0:35	11	1:30
Lap 2	3.25	14:56	4:35	2	1:36	13	2:47	6.50	28:17	4:21	2	2:11	13	4:02
Last lap Finish	3.25	15:19	4:42	2	2:00	18	3:33	9.75	43:36	4:28	2	4:11	13	7:35