



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

GLANDER, Karl-Heinz

Club: TV Königswinter

Number: 438

Course: 9.75 km

10 km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 44:39

Speed: 12.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 16 (of 166)

Rank in course/Men: 15 (of 94)

Best time in course: 36:01

Rank in category: 1(of 3)

Best time in the category: 44:39

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	14:14	4:22	1	-	17	2:23	3.25	14:14	4:22	1	-	17	2:23
Lap 2	3.25	15:15	4:41	1	-	16	3:06	6.50	29:29	4:32	1	-	15	5:14
Last lap Finish	3.25	15:10	4:39	1	-	16	3:24	9.75	44:39	4:34	1	-	15	8:38