



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

UEBE, Marcel

Club: Meuchelmörder

Number: 563

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:50

Speed: 12.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 17 (of 166)

Rank in course/Men: 16 (of 94)

Best time in course: 36:01

Rank in category: 3(of 11)

Best time in the category: 40:20

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	15:11	4:40	3	2:28	23	3:20	3.25	15:11	4:40	3	2:28	23	3:20
Lap 2	3.25	14:53	4:34	3	1:09	12	2:44	6.50	30:04	4:37	3	3:29	17	5:49
Last lap Finish	3.25	14:46	4:32	3	1:01	13	3:00	9.75	44:50	4:35	3	4:30	16	8:49